# **BIOS LIFE COMPLETE**

For a healthier heart

Matthew J Duenas

Father Duenas Memorial School

In 2005, 41 patients were enrolled in a clinical study conducted at The Doctors' Clinic in Guam to help reduce their elevated blood cholesterol levels (1). Cholesterol reduction is considered a primary target to reduce risk for coronary artery disease (2). A wide selection of medications is available to reach this goal, the most popular being statins. There is a growing awareness of possible negative side effects of medications and of statins in particular (3). Therefore, the public is shifting towards more natural approaches to reduce cholesterol.

In the clinical study, patients were required to consume a natural viscous soluble fiber combined with phytonutrients twice a day, ten minutes before lunch and dinner for three months. The results of the study showed that for patients with LDL cholesterol (bad cholesterol) greater than 130, there was a reduction of bad cholesterol by 20.4%. For patients with HDL cholesterol (good cholesterol) less than 40, there was an increase of good cholesterol by 34.7% (Table 1). These findings were significant and important in reducing the risk for cardiovascular disease.

The product consumed during the clinical trial is called Bios Life Complete (BLC). BLC lowers cholesterol four different ways naturally (4). One of the primary ingredients of Bios Life Complete is a soluble fiber called guar gum that helps block the re-absorption of cholesterol in the intestinal tract (5). BLC also features a phytosterol to help block absorption of cholesterol which comes directly from foods (6). It also includes a phytonutrient called policosonal that reduces the cholesterol produced by the liver (7). Finally, BLC also contains extracts of Chrysanthemum morifolium which enhances the breakdown of LDL cholesterol (8).

Where did Bios Life Complete come from? How did it get to Guam? Our journey takes us back to the very beginning of BLC. It will take us to four different countries (India, Germany, China, and United States) and the island of Guam.

Our first stop on our journey is India. Bios Life Complete is made from essential raw materials. Guar gum is one of these essential raw materials. It is derived from the Cyamopsis Tetragonolobus plant. Guar gum is produced by Premcem Gums in Mumbai, India (Figure 1). The guar gum plant is sown after the first rains in June/July and is harvested after three to four months. The manufacturing process involves the separation of the guar seed, de-husking through heating, grinding, polishing, and then sieving. The product is then hydrated, pulverized, and dried to make a powder according to physical and chemical specifications. The powder is then packed and stored for distribution. The guar gum is transported by ship freight to Valentine Enterprises, the manufacturer of BLC, in Lawrenceville, Georgia.

Our next stop takes us to Germany where phytosterols, another important raw material for Bios Life Complete is obtained. It helps block absorption of cholesterol which comes directly from food by blocking the cholesterol transport mechanism in the intestinal tract. Phytosterols are produced by Cognis, a specialty chemical company in Dusseldorf, Germany (Figure 2). The phytosterol is extracted from soy bean and sunflower by chemical conversion to produce the phytosterol called vegapure. It is then packaged in Cognis warehouse facilities and distributed to Valentine Enterprises by shipping freight.

From Germany we now travel to China, where, Chrysanthemum morifolium, another important raw material for Bios Life Complete is obtained. Chrysanthemum

morifolium helps break down and remove LDL cholesterol from the body. It is grown and harvested in Zhongshan, China by Health Technology Park in southern China (Figure 3). The chrysanthemum leaves are processed and the extract produced is refined, dried, and packaged. The process includes extensive documentation and quality controls. Only products that meet final specifications are stored and enter the warehouse at the facility in Zhongshan. The products are then transported by shipping freight and delivered to Valentine Enterprises in Georgia, USA.

The fourth important raw material in Bios Life Complete is policosonal, which reduces the cholesterol produced by the liver. Policosonal is extracted from the sugar cane plant. Unfortunately, during a personal interview with Unicity chief scientist Dr. Peter Verdagem (9), I was informed that the location of the policosonal manufacturing plant and its means of transportation were privileged.

Our journey now takes us to the Lawrenceville, Georgia, USA, where the manufacturing facility, Valentine Enterprises, is located (Figure 4). All raw materials are shipped to this facility. Valentine Enterprises oversees the entire development and production of Bios Life Complete. Only qualified raw materials are used by the manufacturer. The manufacturing process includes blending of the various ingredients and is controlled to achieve exact specifications.

Valentine Enterprises uses a patented process in which guar gum is combined with mineral carbonate which increases the dispersion of the fiber in the gastrointestinal fluid and enhances the cholesterol reducing effects. This fiber carbonate composition is patented under U.S. patents 4,883,788 and 4,824,672 (10). These patents describe and protect the invention of combining soluble fiber with calcium carbonate. This formula

was developed by scientists at Stanford University Center for Research and Disease Prevention.

Furthermore, Valentine Enterprises has used the results from the research network of Unicity International which has discovered that an extract of chrysanthemum activates the enzymatic breakdown and removal of LDL cholesterol (11). This discovery is patented in U.S. patent 6,933,291.

Uniform blending of the various raw materials is accomplished through fluid bed agglomeration technology. This technology changes clumpy materials into instant dispersing uniform material without chemically changing them or adding to the ingredient (Figure 4).

Packaging is also controlled to prevent cross contamination and the product is filled and sealed in aluminium foil laminate unit packets (6 grams/ net weight 0.12oz). This provides a complete barrier to light, oxygen, moisture, and bacteria. The BLC is then transported to Unicity International Packaging and warehouse facility in Salt Lake City, Utah (Figure 5) by Eagle Global Logistic Airway.

From Georgia we will then travel to Salt Lake City, Utah. At the packaging facility, which is roughly 300,000 thousand square feet, the product is received and each package is approved for shipping after it meets all quality performance standards. The products are labeled and placed in cartons, palletized, inventoried, and stored in a temperature, humidity controlled area. In addition, the invoices are printed and the products are pulled and packaged, ready for distribution.

Orders for Bios Life Complete are made to Unicity Headquarters. Unicity

International is a global health and wellness company specializing in advance nutritional

products passed on medical and nutritional science. The headquarters are located in E. Orem, Utah (Figure 6). According to customer service at Unicity, the orders are placed in the database in Orem, put into files, and sent through an electronic data system to Unicity's packaging facility in Salt Lake City (12)

Our journey is now in its final stage. This leg of the journey takes us across the ocean to the island of Guam in the Pacific. Unicity provides direct selling opportunities for independent business owners. Mr. Rene Ramos is an independent business owner with Unicity International and a distributor of Bios Life Complete in Guam. He is also the owner of Perezville Pharmacy located in Tamuning, Guam, USA. Mr. Ramos receives order requests from clients in Guam and then places the order online to Unicity International in Orem Utah at www.makelifebetter.com (13).

Mr. Huddleston Elimo, the pharmacist at Perezville Pharmacy (Figure 7) submits the order to Mr. Ramos. The usual order is for four cases of Bios Life Complete every 10-12 months. Each case contains 10 boxes and each box contains 60 packets of BLC.

The Bios Life Complete is shipped to Guam from the Unicity International packaging warehouse in Salt Lake City, Utah by the U.S. Postal Service by priority mail. The product is then delivered, usually within two weeks, to Perezville pharmacy by the U.S. Postal Service. Once delivered the pharmacy staff inventory the merchandise and store them in a limited access area, protected from extreme light, temperature, and humidity. Ten boxes of BLC are placed on the pharmacy shelves for consumers to purchase. One packet is the unit per serving. The retail price is about 10% higher than the wholesale price (14).

The journey in researching this unique fiber drink has been rewarding. I now have a greater awareness and appreciation of the amount of logistical support and work required to manufacture and distribute Bios Life Complete to Guam. Furthermore, I am impressed in the evidence based medical and nutritional science behind BLS to help people lower their bad cholesterol levels and lower the risk for heart disease. In fact, in my research I found that BLS is listed in the prestigious <a href="Physician Desk Reference">Physician Desk Reference</a> (15). There is a choice to be made. I choose to buy and take Bios Life Complete for a healthier life.

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Table 1. Lipid level results for subjects with baseline LDL-c > 110 mg/dL.

Parameter	Group	ภ	BL	t=6 weeks	Δ%	р
ТС	All	41	224.0 ± 4.2	221.5 ± 6.7	-1.1	n.s.
	> 200	30	235.0 ± 4.1	231.7 ± 8.0	-1.4	n.s.
	All, responders	25	218.7 ± 4.9	196.6 ± 5.2	-10.1	***
	> 200, responders	18	228.5 ± 5.2	203.4 ± 6.2	-11.0	***
LDL	All	38	142.6 ± 4.2	126.4 ± 5.7	-11.4	**
	> 130	24	156.7 ± 4.5	131.4 ± 7.0	-16.1	***
	> 160	9	179.8 ± 6.0	149.9 ± 13.3	-16.6	*
	All, responders	30	143.9 ± 4.2	116.1 ± 4.4	-19.3	***
	> 130, responders	21	154.6 ± 4.0	123.1 ± 5.4	-20.4	***
	> 160, responders	8	174.8 ± 3.7	139.5 ± 9.4	-20.2	*
HDL	All	41	46.9 ± 1.8	53.8 ± 2.1	14.8	***
	< 40	11	34.8 ± 0.9	44.5 ± 2.7	27.9	**
	All, responders	31	45.3 ± 1.9	55.9 ± 2.4	23.4	***
	< 40, responders	9	34.9 ± 0.9	47.0 ± 2.5	34.7	**



ABOUT US

PRODUCTS

MANUFACTURING & QUALITY

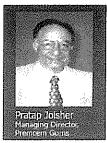
WHAT'S NEW

CONTACT US

- » PCP-Free Guar Gum Certification
- » <u>Premcem's manufacturing unit is certified</u> for

ISO 9001:2000, HACCP, Kosher and Hafal.





Premeem stands where it is today because of the vision of its Managing Director, Pratap Joisher. He is ably supported by a team of professionals who bring with them years of experience, expertise and above all, a passion for their work.

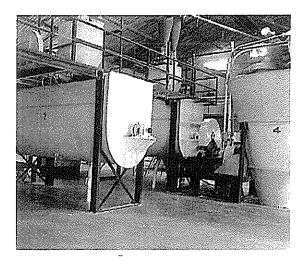
#### History

Premeem Gums was founded in 1960 as one of the business enterprises of the Joisher Family, who realised early on the enormous potential and business opportunity that Guar had to offer.

We started out by exporting undehusked splits to developed markets where Guar Gum had already been indentified for its application in the processed food, textile and oil-well drilling industries. By absorbing new technology and bettering our processes at every level of operations, we moved up the value-chain from undehusked Guar splits to dehusked Guar splits to Guar Gum powder.

Our current product range includes Guar Gum, Gum Cassia Tora, Gum Ghatti, Gum Karaya, Tamarind Kernel Powder, Psyllium Husk and other natural products. These products, produced using state of the art technology, are exported to over 30 countries worldwide. We have manufacturing facilities in Mumbai,

#### ISO 9001:2000, HACCP, Kosher and Halal.



### MANUFACTURING AND QUALITY

Quality is a way of life at Premcem. Everyone, right from management, through the customer support team to factory personnel are committed to delivering high-grade products that customers have come to expect of Premcem.

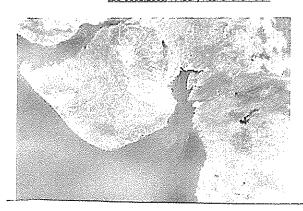
Premotem has made significant investments in sophisticated manufacturing technology. All the factories are equipped with modern automated machinery that helps maintain high quality levels as well as production volumes. Currently, the factories have a combined capacity to produce approximately 10,000 MT annually.

In-house power generation capabilities allows for continuous production, so delivery deadlines are met on time, every time.

Premcem's manufacturing unit is certified for ISO 9001:2000, HACCP, Kosher and Halal and ensures consistent high product quality that matches laid-down specifications. This includes:

- · Raw material receipt and analysis from pre approved suppliers
- · Recular analysis of in process samples

## ISO 9001:2000, HACCP, Kosher and Halal.



#### Premcem Gums Pvt. Ltd.

401, Udaybhanu Apartments M. G. Road, Rajawadi Ghatkopar (East) Mumbai- 400 077. India.

Tel: 91 22 2513 2196, 2513 2769 Fax: 91 22 2516 3653, 2514 6815 Email: info@premcemgums.com

# Worldwide Distributor Intercolloid (UK) Ltd.

Harrovian Business Village 3 Warner House, Bessborough Road Harrow, Middlesex HA1 3EX, England.

Tel: 44 (0) 20 8423 5661 Fax: 44 (0) 20 8422 8200

Email: Chandresh.Joisher@btinternet.com



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Cognis in Brief

Key Values

Cultural Principles

**Business Structure** 

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Owners

Marketing Competence

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Manufacturing

Quality

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Global Manufacturing

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## **Description of Global Manufacturing**

Cognis operates about 30 manufacturing sites in Europe, Asia Pacific, the Americas, manned by approximately 4,200 production employees (including logistics). Increase in global demand has been met through international expansion, acquisitions and joint ventures and by investments in new or significantly expanded production facilities in all major regions.

The largest sites by far are Düsseldorf (Germany) and Cincinnati (USA).

Defined technologies are sulfation, alkoxilation, fatty alcohols/methyl esters and esterfication.

The production of oleochemical chemistry (fatty alcohols) as well as sulfation processes (SO<sub>3</sub>) are run as continuous operations while the derivatives processes are operated in a batch type mode.

Continuous production plants as well as batch type processes are operated on a four resp. five shift system, seven days a week.

Cognis has many proprietary processes and does not rely on third-party licences for manufacturing.

The Düsseldorf site is one of the oldest and biggest production site of Cognis. The production of oleo raw materials started there at the beginning of the 20<sup>th</sup> century and the production of fatty alcohols was built up after World War II. Derivatives and surfactants followed in order to complete Cognis technology range. The silicate production, a hundred-year-old Cognis business, is 100 per cent dedicated to this site. Due to the historical development and the volume of the plants, for most of the technologies the leading experts are located in Düsseldorf.

The Cincinnati site, founded by the Emery Group in 1840 (candle production) was bought by Henkel in 1989. As Cognis second largest manufacturing facility, the site serves for the production of esters and surfactants. The fatty alcohol plant was built at the beginning of the 1990s based on Cognis technology. The site primarily supplies the North and South American markets.

Warehousing of raw materials, semi-finished and finished goods is generally done at the respective production sites. Shipping of semi-finished and finished goods is done using third-party logistics providers.

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Competence

**Dietary Supplements** 

Product List

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**Botanical Specialties** 

Covi-ox

Covitol

Generol

Lipoec

Omevital

Tonalin

Vegapure

Xangold

Food Technology

Functional Food & Medical Nutrition

Pharmaceuticals & Healthcare

NIH Conference Proceedings

Literature

Cognis Connect Newsletter

Scientific Information Services

Our Products

## Innovative products and services

Consumers are taking more control over their own health, and are demanding high quality science-based nutritional supplements to help them do that.

Cognis Nutrition and Health is your "natural" business partner as a leading ingredient supplier to the global Dietary Supplement market:

- Cognis provides its customers with innovative products and services to satisfy this growing demand. Examples of this innovation include Conjugated Linoleic Acid for body weight management and Sterols and Sterol esters which may reduce the risk of heart disease.
- World leader in natural source nutrients that can be used in combination or, due to their efficacy, in single entity formulations, including vitamin E, mixed tocopherols, mixed carotenoids, botanical specialties, lutein esters, alpha lipoic acid, and phytosterols.
- Cognis is dedicated to science and education, as well as supporting our customers with innovative technical and marketing solutions.
- Cognis is renowned for its top quality products manufactured in facilities that are certified to international standards. Where there are pharmacopoeia specifications, Cognis products meet or exceed these.



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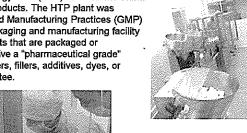
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Unicity Awarded Good Manufacturing Practices Certificate in China

Unicity - The Make Life Better Company News

October 6, 2006

Zhongshan, China (October 6, 2006) Unicity International has been cooperating with the Health Technology Park (HTP) in Southern China for over a year to package Unicity products. The HTP plant was recently awarded certification of Good Manufacturing Practices (GMP) by the Chinese FDA at Unicity's packaging and manufacturing facility in Zhongshan, China. Unicity products that are packaged or manufactured at this facility will receive a "pharmaceutical grade" (more than 99% pure-with no binders, fillers, additives, dyes, or unknown substances) quality guarantee.







The certification took almost a year to complete and was a joint effort between HTP staff and Unicity. The process included extensive documentation and a series of thorough inspections. Good Manufacturing Practices covers all aspect of the manufacturing process including the storage and transportation of the product and the ingredients, evaluates the qualifications and training of the production and quality control personnel, and the accuracy of all the records. GMP assures that the product not only meets the final specifications, but that it has been made by the same procedures under the same conditions each and every time it is made.



The facility in Zhongshan will supply Unicity's Southeast Asia region with Unicity products and also provides an opportunity for Unicity International to expand its relationship with mainland China,



Unicity International is a health-nutrition-education company committed to the pioneering of nutritional science and products. Located in Orem, Utah, the company operates affiliates in 15 foreign markets, distributing nutritional products through a network of independent distributors.

Click HERE for more details from Unicity Hong Kong website

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## **Contract Manufacturing**

Blending, Packaging, and Fluid Bed Agglomeration

Contract Blending: VEI now offers extensive blending capacity and expertise in developed manufacturing that consistently produce your products. Blending capacity is offered for pre-mixes, flavor mixes, high oil content blends and blends with instantized ingredients. Blending batch sizes range from 440 to over 5,000 lbs. per blend depending on product density.



Contract Packaging: Each product we develop and package at VEI is unique. We take pride in providing our customers with accuracy, speed and consistency during the packaging process. Multiple packaging lines facilitate high capacity production and quick turnaround times as well as product versatility. Each filling room is climate and humidity controlled to prevent cross contamination. In addition, all rooms have source capture, dust collection, and ambient air quality systems in place.

Valentine Enterprises is capable of packaging your powdered food product in several different container options, including:

- White or colored HDPE and PET plastic containers: jars, jugs, pails, and single serve bottles
- Fiber Composite Cans
- Single Unit Packets

## Packaging Options for Composite Cans

- 302 x 612
- 401 x 305, 314, 411, 509, 603, 608, and 700
- 502 x 512
- 603 x 700
- 16 oz Non-Round Oval Can

## Other Packaging Options Available

- Tamper-evident seals
- Heat induction and pressure sensitive sealing
- Ink-jet coding





- Heat shrinking for neckbands and body-sleeves
- Flexible promotional packaging available upon request

## Fluid Bed Agglomeration

Valentine Enterprises has been on the forefront of Fluid Bed Agglomeration in Dietary Supplement and Nutraceutical manufacturing for over 25 years. Agglomeration is a high tech approach to making clumpy, nondissolving materials change through agglomeration into instant dispersing uniform material without chemically changing them or adding to the ingredient. With the addition of our latest unit at our Agglomeration Center,



VEI has a total annual capacity of 2.5 million Kilograms of throughput. Because of the type of equipment we have, we can process everything from single ingredient products to complex flavored finished blends. If your powdered ingredient or product would benefit from better dissolution and uniform capacity, then VEI's agglomeration know-how may be beneficial in positioning your product above the pack in quality.



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### Unicity Completes Relocation of Fulfillment Operations to Utah

Unicity - The Make Life Better Company News

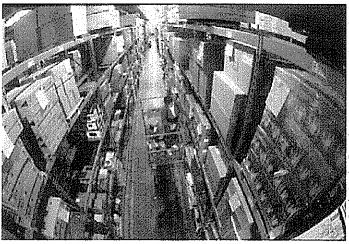
August 15, 2005

Orem, Utah (August 15, 2005) Unicity International Inc., a multi-national heath, nutrition and education company headquartered in Orem, Utah, has completed the relocation of its North America fulfillment operations from Boca Raton, Florida to the EDS Fulfillment Center in Salt Lake City, Utah, EDS, a leading global services provider, will provide fulfillment services for all of Unicity's North America operations as well as facilitate inventory management



requirements for Unicity's Asian and European operations.

"The primary objective for relocating our fulfillment operations to Utah was to improve service levels for our Associates," said Paulo Bangerter, Chairman & CEO of Unicity International. "We are committed to supporting the growing needs of our business associates and felt that we could better serve those needs through our business relationship with EDS."



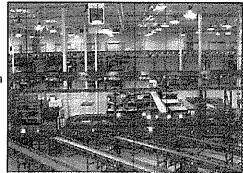
The relocation of Unicity's fulfillment operations results in a shift of about 40 full-time employment positions from Boca Raton, Florida to Salt Lake City. In addition, the relocation will have a significant impact on freight service providers in the region.

"We are very pleased with the smooth transition from our operation in Florida to the EDS facility in Salt Lake City," said Stewart Hughes, Unicity's President. "The business agreement with

EDS will greatly facilitate our ability to provide excellent service to our associates and will be a key factor in supporting our future growth."

Unicity International is a health-nutrition-education company committed to the pioneering of nutritional science and products. Located in Orem, Utah. the company operates affiliates in 14 foreign markets, distributing nutritional products through a network of independent distributors. Visit our website at www.unicityglobal.com.

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# **ABOUT** Unicity











Mission & Philosophy History Management Medical Advisory Board UMLB Foundation Contact Us Unicity International is a global health and wellness company pursuing the advancement of nutritional science. Through a commitment to research, education, and the development of new formulations that meet current and growing health concerns, Unicity improves the quality of people's lives by helping them to feel better, look better and live better.



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Unicity International Corporate Headquarters in Orem, Utah, USA,

Unicity gains credibility and respect in the nutritional marketplace by partnering with medical professionals, nutritional scientists, researchers, and experts around the world. Unicity's true difference becomes apparent in its commitment to research, as evidenced by relationships with some of the world's leading research institutes and universities, including:

Angeles University Foundation Medical Center

The Cleveland Clinic

Stillwater Heart Center

Stanford University

University of Nevada Las Vegas

vegas University of Texas

University of Washington

Vanderbilt University

Unicity offers an extraordinary income opportunity to help individuals from all backgrounds live happier, healthier and more fulfilling lives.



If I have learned that a quality lifestyle is more than just having an abundance of income. If Stewart Hughes I Chairman & CEO



If I believe in our world-class products and compelling business opportunity. If Curt Hedges | President & COO



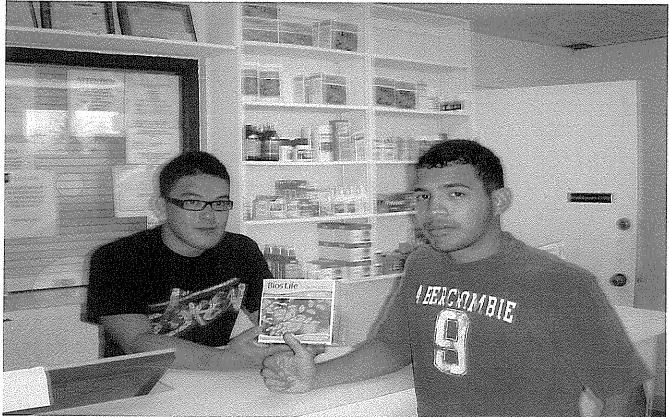
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4/25/2008 Photo taken at Perezville Pharmacy purchasing Bios Life Complete. Photo by J. Duenas