



Tamera Campbell  
Master Harvester  
CEO, Vision, Inc.

*"Feel the Difference"*  
**E3Live™**  
earth's essential elements

Please pass this book on to a friend when you are finished reading it.  
Thanks, we very much appreciate it.



How to defrost  
and use E3Live™  
see page 14

**VISION**  
www.e3live.com

# Our Guarantee

*We are so confident that  
you will "Feel the Difference"  
that we offer this promise:*

**"If you are not totally satisfied  
with any Vision E3 product at  
any time up to one year,  
your money will be returned."**

**No Questions Asked.  
No Small Print.**

*Kosher and Organic*

### Our Pledge:

*"Service with  
love. Always  
a listening ear."*

### Our Motto:

*"Your satisfaction  
is our delight."*

*Sharing the many benefits of  
E3 Live brings me personal joy.  
This divine gift of nature has  
enriched thousands of lives,  
including our much-loved  
animal friends. You WILL  
"Feel the Difference" with  
E3 Live. You have my  
word on it.*

*Warmly,*

*Michael*

Michael Saiber  
Founder, Vision, Inc.



Kosher Parve

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NOTICE: Vision's E3 nutritional products, including all statements and information appearing in this booklet, have not been submitted to or evaluated by the U.S. Food and Drug Administration; nor are they intended to diagnose, treat, cure or prevent any disease. The unpaid, voluntarily given testimonials appearing in this booklet reflect the positive benefits achieved by the reporting individuals only and do not constitute medical claims by Vision, Inc.

# Our Philosophy

## We at VISION,

harvesters of E3Live *Aphanizomenon flos-aquae* from Klamath Lake, see ourselves as stewards of the earth, humble caretakers of the precious gifts of God and Mother Nature.

We believe a major reason why people don't feel as happy as they can has LESS to do with what may or may not be happening "on the outside," and MORE to do with what is happening "on the inside"—at the cellular level.

We believe the quality of the food we eat profoundly affects the flux of our moods and emotions, our ability to concentrate, our physical appearance, our endurance and strength, even our spiritual receptivity.

Our mission is to educate and share with as many people as possible the benefits of E3Live AFA nutritional algae, which we believe nourishes and detoxifies the body more than any other food.

# Table of Contents

- Our Guarantee . . . . . i
- Our Philosophy at Vision . . . . . ii
- Endorsements by Health Experts . . . . . 1
- Testimonials from Real People. . . . . 4
- Athletic Performance (E3 Enhanced) . . . . . 7
- Athlete Testimonials . . . . . 7
- What is E3Live? . . . . . 11
- How Can E3Live Benefit Me? . . . . . 12
- How AFA Algae (E3Live) Works . . . . . 13
- How to Defrost and Use E3Live . . . . . 14
- Scientific Research . . . . . 16
- What Nutrients are Found in E3Live? . . . . . 17
- Frequently Asked Questions . . . . . 19
- Order Today: E3 Product List . . . . . 21
- Tamera's Truffles . . . . . 22

# Endorsements by Health Experts

## Dr. Gabriel Cousens, M.D.



**One of the world's foremost holistic medical doctors & author of *Depression-Free for Life, Conscious Eating* and other books; founder and Director of Tree of Life Rejuvenation Center in Arizona:**

*"As a physician working with thousands of clients, I find that E3Live helps to restore overall biochemical balance by nourishing the body at the cellular level.*

*The positive response from the use of E3Live has been extraordinary. Eating E3Live has the potential to enhance every aspect of our lives—mind, body and soul."*

## Dr. Fred Bisci, Ph.D.,

**Clinical nutritionist and nationally known health lecturer:**

*"As a clinical nutritionist with over 40 years experience, I'm impressed and delighted at how E3Live helps such a wide range of health problems. I can only conclude that E3Live has the therapeutic versatility of a true adaptogen, nourishing the body and mind on multiple metabolic pathways at the deepest of physiological levels. E3Live's energetic boost is therefore wholesome and lasting, unlike the temporary ups and downs of unhealthy stimulants such as sugar and caffeine."*

## Dr. Theresa Dale, Ph.D., N.D.

**International pioneer in energetic medicine, hormone rejuvenation and self-help health education:**

*"I suggest every person who wants to maintain a balanced, healthy physical and mental state use E3Live on a daily basis. E3Live is a live food. You will easily digest and assimilate the nutrients. E3Live is good for children, teenagers and adults of any age."*



# Endorsements by Health Experts

(cont...)

## Dr. Amanda Hunter, N.D., Gold Coast, Australia

*"If we keep in mind that we can only be as healthy as the nutrients we can absorb—whether from food or supplements—E3 AFA is brilliant! For clients with weak digestive systems or those under stress, E3Live is ideal because it takes so little digestive power to absorb it. I have been using and recommending E3Live with outstanding results."*

## Dr. Barbara Turunen, D.C.

*"With one of my patients, she responded almost immediately to E3Live and experienced a noticeable reduction in the adverse side-effects of the treatment she was undergoing. Other physicians noticed, and commented on her increased energy and how quickly her hair grew back. E3Live is superior because it is a whole food. In it's liquid form, E3Live has more vital life-force to give our bodies for repair and healing."*

## Christine Tompson, N.D., Australia

*"I have patients who suffer from a wide and varied number of ailments. I'm getting extremely positive results with E3Live. People whose energy and immune systems are a bit "flat" respond quite well, and quickly. I've noticed remarkable improvements in overall appearance, including healthier skin color and the growth of hair and nails. I strongly recommend E3Live."*



# Endorsements by Health Experts

(cont...)

## David Wolfe, Health Educator



**Nationally known health educator & author of the best-selling *The Sunfood Diet Success System* and *Eating for Beauty*:**

*"E3Live is the freshest and by far the best AFA on the market! I recommend E3Live over any other algae. Test and be convinced!"*

## Professor Karl J. Abrams

**Professor of Chemistry, nutritional researcher, and author of *Algae to the Rescue*, and *Attention Deficit Hyperactivity Disorder—A Nutritional Approach*:**

*"E3Live has more bio-available chlorophyll than any other food. In biochemical research circles, the presence of chlorophyll in such high quantities is a clear indication of the algae's extraordinarily high life-force. This inherent vitality helps keep the algae's wide spectrum of nutrients at their absolute nutritional peak. For me, this partially explains the mystery of how E3Live can have so many positive health benefits."*



## Mike Grant White

**Nutrition Educator, Personal Growth Mentor & Breathing Specialist:**

*"As a professional breathing coach and holistic health counselor, I recommend E3Live to all my clients, whether they are asthmatics, professional singers or world-class athletes. E3Live's tremendous synergy of nutrients and energetic charge not only optimize blood oxygen levels, but create a physiological foundation for feeling good on a moment-to-moment basis."*

# Testimonials from Real People\*

**E3 improves lives! This is how we know...**

## **E3Live™ Gives CEO More Poise & Focus**

*"I am CEO of a company that provides alarm monitoring for the telecom industry. The stakes are high. If a telecom company goes off-line, it costs tens of thousands of dollars each minute.*

*Since I began eating E3Live, my engineers and colleagues have told me I'm more poised, focused and on task. My threshold for handling stress has increased and my concentration is sharper. Solution-oriented resolutions to daily challenges come easier. Am I jazzed about E3Live? You better believe it!"*

*—Bob Berry, President, DPS Telecom, one of Inc. Magazine's Top 500 Fastest Growing Companies*

## **Young "New Me"**

*"I own a cottage industry business which is time-consuming, labor-intensive and mentally draining. After eating E3Live, my energy level has increased and I now function with more clarity and focused intensity. People tell me I look 10 years younger and I've noticed this myself."*

*—Linda Morabito, Hood River, Oregon*

## **Weight-Loss, No Dieting**

*"After eating E3Live, I've lost 10 pounds without dieting. My sensitive stomach is much better, and I've got more energy and vitality. As a "baby boomer" in my 50's, E3Live has really helped!"*

*—Betty "Cookie" Mac, Rutland, Vermont*

**\* E3Live's positive nutritional effects vary from person to person and may include a reduction in the required dosage of previously prescribed medications (i.e. insulin). If you are taking medications that require careful monitoring, or if you are pregnant or nursing, please consult your health practitioner before use.**

# Testimonials from Real People (cont...)

## **80 Years Old & Going Strong**

*"I'm 80 years old. For 35 years, I've had problems with blood sugar levels and needed to take medication. My blood pressure also needed medication to stay normal. After 5 months of taking 1-1/2 tablespoons of E3Live each day, I'm now free of these medications and off all pain-killers. E3Live has also helped my son-in-law, daughter and other near and dear ones. I feel very good about E3Live and I hope you'll give it a try so it will work for you, too!"*

*—Faye Bach, 80 years old, Colorado*



## **Grades Up, Sits Still & Concentrates**

*"My 12 year-old son Jared was too "high energy" since the day he was born. He had a hard time concentrating and not fidgeting, and had a 30 average in public school. We started with only one AFA capsule for the first two days. On the third day, we gave him 2 capsules, and we saw an immediate improvement in his ability to concentrate, which has only improved over time. Jared's grades are now up to 80, and we're all very happy knowing Jared has a bright future ahead."*

*—Lorane Otto, Sarasota, Florida*



## **Life After Brain Surgery**

*"After two brain operations, my body was depleted and in need of rebuilding. During the first 18 months of recovery I was taking many supplements, herbs and essential oils. They were all helping but I still felt weak and had very little stamina. Then I began taking E3Live, which replaced another algae I had been taking for over 20 years. Within two weeks, my energy and stamina increased tremendously. Two months later my body finally regained muscle and strength. E3Live is the real thing, it has helped me enormously. I highly recommend it!"*

*—Rod Birchill, Gold Coast, Australia*

# Testimonials from Real People (cont...)

## Meditation Enhanced

*"I have tried all of the various algae products. E3Live is the only one that feels truly alive. It provides profound mental clarity which is perfect for meditation."*

—Abba Naraziah, Essene Spiritual Leader

## Grandma's New Lease on Life

*"I'm 76 years of age. Since adding E3Live to my diet, my stamina is always increasing. Now my grandson says, 'You go, grandma!' I have more joint flexibility, and I've been able to throw out most of what wasn't helping me. The money I save from not buying these products pays for the E3. Even if it didn't, don't be cheap—this is your health we're talking about! I feel E3Live can do nothing but help you."*

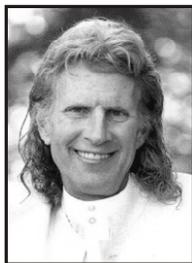
—Bette Lou, Topeka, Kansas



## Food for the Mind and Soul

*"As an author, public speaker and meditator, E3Live helps keep my mind sharp, my energy high, and my spirit peaceful. I appreciate E3Live's exquisite ability to bring me back from mental fatigue and help prepare me for meditation."*

—Eliot Jay Rosen, Los Angeles Times best-selling author of *Experiencing the Soul*



## Bonus Testimonial For Horse Lovers!

*"Whether E3Live is used to maintain a horse's good health, or is used for serious hoof problems, I've always found that E3Live does great things for horses, and amazingly fast, even only using 1/2 to 1 ounce a day. I've seen E3Live save the life of many a horse."*

—Reuben Miller, horse farrier of 43 years, Florida

# E3 Products Enhance Athletic Performance

Every athlete wants to be "at the top of their game" for as long as possible; but it's not just about winning, it's the joy of physical activity itself. If you already excel in your chosen sport you can always improve your present training program and reach even greater heights.

**Though Individual Results Vary, Eating E3Live Has Been Reported To:**

- Increase endurance and strength in athletic performance
- Combat lower resistance due to over-training by strengthening the immune system
- Improve performance times in sports that require any combination of strength, endurance or flexibility
- Increase the ability of seasoned and senior athletes to make a "comeback"
- Reduce normal fatigue, soreness and recovery time
- Shorten recuperation time
- Increase mental focus during athletic performance

Whatever your sport may be, whether you're a competing professional, weekend warrior, or somewhere in between, we invite you to "Feel the Difference" with E3.

# Athlete Testimonials

## Grant Hackett

**Long Distance Swimmer, 2000 Olympic Gold Medal Winner, 1500 meter freestyle**

*"Two months before the 2000 Olympics, I started eating E3Live. Since then I've noticed my recovery time is so much quicker than before. I have a lot more energy and endurance, and it's easier to concentrate."*

*After only 2 weeks on E3Live, I noticed more muscle definition. I even noticed a difference if I missed having E3Live for only one day. E3Live is a really awesome food!"*



# Athlete Testimonials

(cont...)

## Myles Padaca

**2001 Triple Crown Champion Surfer**

*"In the surfing world, being the Triple Crown Champion is like winning the World Series. I'm always looking for that competitive edge and for ways to improve my performance. I'm confident that I've found it with E3Live, which was put to the test when I was going man-to-man with the current world champ at the Rip Curl World Cup. I had just gotten wiped out by a wave and my time was running out. It took supreme stamina and mental focus to paddle back to catch the last wave that put me over the top. I'm absolutely confident E3Live made the difference."*



*So as we say in Hawaii, I'm 'really stoked' with E3Live. Not only am I glad I finally found something to boost my surfing performance, but E3Live also contributes to my overall health and well-being."*

## Ky Hurst

**Australian Ironman Triathlete Champion**



*"E3Live is the product every athlete dreams of. After only two weeks in training, I was seeing time improvements that would normally take two months to achieve. Nothing I've ever had before compares to E3Live. I've never loved life so much. I feel very privileged to have had the opportunity to experience such an amazing food."*

## Randy Caddell

**Two-time Hawaii Ironman Triathlon World Champion, Wheelchair Division, 2001 & 2002**

*"After my 1987 motorcycle accident, I thought my life was over. God had other plans. To win the Ironman, I had to train year-round. The Ironman consists of three nonstop, back-to-back events: a 2.4 mile ocean swim, 112 miles of biking, and a full marathon run of 26.2 miles."*



*E3Live gives me what I need to be at my competitive best. As a brain food, E3Live fuels my mental motivation to excel."*

# Athlete Testimonials

(cont...)

## Mary Louise Zeller

**57 year-old Tae Kwon Do U.S. National Champion, Gold Medal International Champion**

*"At 57, I'm the oldest competitor to have ever won a U.S. National Tae Kwon Do championship and a Gold Medal in full-contact sparring at an international championship. Instead of my being some extraordinary exception to the rule, I now know that*



*superior health is available to everyone! E3Live makes a huge impact on my emotional and mental well-being. I literally have another youth to live."*

*E3Live is a breakthrough for the modern human being, helping to strengthen us in order to better face today's environmental, emotional and physical stress. E3 is an important member of my 'team!'"*

## Luke Harrop

**Australian Triathlete**

*"As a liquid, E3Live absorbs so quickly into my system, unlike the discomfort I used to feel with all those heavy powders and slow-dissolving pills. I've also noticed that I am far less susceptible to fatigue-related over training and sickness. My immune system has become stronger."*

## Poncho Sullivan

**Three-time Pro-Am Champion Surfer**

*"E3Live's absolutely done wonders in my life. When I compete in international events, I now have the strength to paddle as hard as I can, which raises my level of performance. I've experienced a tremendous increase in my energy, endurance and mental quickness since I added E3 AFA to my training regimen. I feel 15 years-old again."*



# Athlete Testimonials (cont...)

## Polly Campi

Coolangatta, Queensland, Australia



*"I was introduced to E3Live over four months ago and I am amazed how much my physical and mental state has changed overnight.*

*I'm a 43 year-old mother of two grown boys and have been teaching gymnastics and physical fitness for more than 12 years. Although I was very active, my weight and body shape was still hard to manage.*

*Since I began eating E3Live on a daily basis, I've lost unwanted fat and my muscle definition has improved. I have more energy to fulfill the physical and mental pressure of a gym coach and trainer. I am especially pleased with the improvement of my skin, hair and nails. I sleep extremely well and found that I'm loving life, stress free. I truly believe this fantastic food has improved my quality of life and my well-being!"*

## Lynne Taylor

Miss Natural Olympia, Drug-free World Champion Bodybuilder, mother of four



*"This algae is like gold. As a champion bodybuilder, mother of four, and fitness trainer, I feel so lucky to have found E3Live"—the best food source I've ever consumed. With E3Live, I feel invincible, fully alive, and my recovery time after intense workouts is now much quicker."*

# What is E3Live™?

There's only one ingredient in E3Live, and that's 100% *Aphanizomenon flos-aquae*, a fresh water, edible species of nutritional algae. We call it "AFA" for short. It's at the very foundation of the entire food chain.

Although it has been eaten for centuries by indigenous peoples, for the first time in history, AFA—nature's most basic food—is available in it's complete, vital, fresh frozen, LIQUID form.

The AFA algae harvested for E3Live grows in a very special place—Upper Klamath Lake, Oregon. In fact, this is the only place in the world where this species grows abundant enough to be harvested.



A magnified image of *Aphanizomenon flos-aquae* in its natural environment in Upper Klamath Lake, Oregon

Why does it grow here in such abundance? Perhaps it's the volcanic springs and the mineral-rich water situated at 4100 feet elevation, fed by the surrounding Cascade Mountains. Or maybe it's the fresh air and

life-giving sunlight, which is present over 300 days of the year. Most probably ALL of these factors contribute to the ideal growing conditions necessary for this organic, high life-force wild food to thrive.

The numerous reported benefits of AFA are based on scientific research, the clinical results of health care practitioners, and the testimonials of real people.

# How Can E3 Benefit Me?

*By targeting hidden nutritional deficiencies and detoxifying the body, the nutrients contained in E3Live may\*:*

- *Delay or reverse premature aging by repairing cellular damage and eliminating toxins*
- *Help maintain a normal appetite for both weight-loss OR weight-gain*
- *Improve mental focus and concentration (by its ability to cross the “blood-brain barrier”)*
- *Increase energy and sense of well-being*
- *Support the return of youthful appearance and feelings of rejuvenation*
- *Boosts the immune system*
- *Promote the growth of stronger nails, smoother skin and healthier hair*
- *Help maintain normal blood sugar levels*
- *Help to promote intestinal regularity, better digestion and healthy intestinal flora*
- *Stabilizes mood swings*
- *Support physical health during times of healing*
- *Increase clarity and sharpness of eyesight*
- *Help promote healthy cholesterol levels*
- *Provide missing nutrients needed to enhance overall metabolic functioning*
- *Purify and nourish your blood through the healing power of chlorophyll*
- *Increase endurance and strength*

\* These statements have not been evaluated by the U.S. Food and Drug Administration. These products, and the information contained in this booklet, are not intended to treat, cure or prevent any disease. Results may vary.

# How E3 AFA Works

Because people report AFA helps such a wide range of physical and mental symptoms, it's easy to fall into a “magic bullet” mentality associated with pharmaceutical drugs. AFA doesn't work that way. *Aphanizomenon flos-aquae* is an extraordinary food, not a drug or synthesized vitamin.

Artificial drugs are synthesized in the laboratory to produce specific effects on targeted cells, organs, or body functions. Though some drugs save lives, unfortunately, some drugs also create unwanted side-effects.

In contrast, Nature's innate wisdom works through AFA's full spectrum of over 64 perfectly balanced, naturally occurring vitamins, minerals, amino acids (protein) and essential fatty acids. AFA helps restore overall biological balance and nourishes the body at the cellular level. AFA is 97% absorbable by the body, compared to man-made vitamins which are only 5% to 25% absorbable. Without any toxicity or harmful side-effects, this is how AFA can have so many beneficial nutritional and energetic effects throughout the body.

# How to Defrost and Use E3Live™

## How do I defrost E3Live?

When defrosted and kept in a refrigerator, E3Live's shelf-life is approximately 7 days. In your freezer, it will last two years or longer. When you are ready to use a bottle of E3Live, place it in the refrigerator to partially defrost. Pour off the thawed portion (enough for about a 7-day supply), and place the remainder of the frozen bottle back in the freezer until you are ready to defrost more. E3Live can be partially defrosted and refrozen as long as E3Live remains sufficiently cold to maintain its freshness (*see tips on page 15*).

## How do I eat E3Live?

Some folks love E3Live's natural taste and drink it undiluted. Others prefer to mix E3 with their favorite juice or pure water. Keep E3Live frozen until ready to use. Once defrosted, E3Live **MUST** be kept cold and used within 7 days to maintain its freshness, vitality and nutritional value.

Some people travel with frozen bottles of E3Live, and find refrigeration as soon as possible when they arrive at their destination. Sometimes, however, refrigeration is not available. For this reason, Vision produces our superior E3 Refractance-Window flake-dried or encapsulated AFA that does not require refrigeration.

Whatever form of AFA meets your needs, you have our assurance that you have in your possession the highest quality, and most powerful AFA on the planet.

## How much E3Live should I eat a day?

Begin with one teaspoon per day for five days or so and then increase as you wish. On an average, most people take a tablespoon once or twice a day. Taking E3Live in smaller amounts in the beginning minimizes any possible temporary feelings associated with your body's "housecleaning" of stored toxins. Athletes in training, people who eat organically grown foods or mostly raw vegetarian foods, often consume several ounces of E3Live per day. Trust your intuition on how much your body "asks for." And remember, it is very important to drink plentiful amounts of pure water every day to help remove toxins from the body.

## Proper Handling and Defrosting of E3Live

To preserve E3Live's fragile nutrients, it's important to keep it cold or frozen at all times.

To accomplish this, allow E3Live to defrost IN YOUR REFRIGERATOR (1 to 1 1/2 DAYS) so that only a portion of the total bottle thaws out at any one time.

This thawed out liquid portion is your first 5-7 day supply. Pour it into another bottle and keep it in the refrigerator. Place the remaining original bottle back in the freezer.

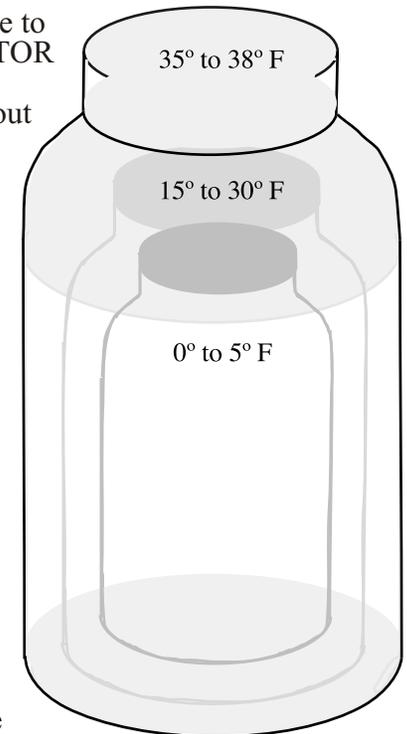
When you are ready for your next 5-7 day supply, simply defrost another portion and place your main bottle back in the freezer.

**The reason it's important to keep E3Live cold or frozen at all times** is that E3Live contains no preservatives. Nutrients and life-force are extremely sensitive to heat. Chlorophyll in particular is the most fragile nutrient in E3Live. In its alive state, chlorophyll is a highly effective and powerful blood builder and purifier.

As much care has been taken to bring E3Live to you in its pristine natural state, by following these suggestions, you'll get the best results possible.

*Tip #1: For immediate or more convenient defrost, place in cool water for 15 minutes. Pour off your 7-day portion and place main bottle back in freezer.*

*Tip #2: When you are consuming 1 tablespoon or more per day, try defrosting your entire bottle and pour into ice cube trays. After freezing, store cubes in an airtight container in your freezer. Drop in water or juice and dissolve.*



# Scientific Research

Although we make no medical claims, promising nutritional studies *have* been conducted showing AFA nutritional algae:

- **Boosts the human immune system:**

In one study, two hours after eating 1.5 grams of AFA algae, an average of 40% (1 billion) of the immune system's natural killer cells migrated from the bloodstream into the tissues to do their work. No other food, drug, or substance



is known to produce such dramatically positive effects on natural killer cell activity as AFA algae. 1998, Jensen et al, IBC Library Series, Vol. 1911, chapt. 3.1

- **Improves children's academic performance**

1995, Sevulla et al, univ. Centro Americana

- **Promotes Attention and Improves Concentration**

1997 Jarratt, C., et al, The Center for Famil Wellness, Harvard, MA

- **Supports Cardiovascular Health**

1999, Kushak, R. et al (1999), American Chemical Society

- **Promotes Memory**

1985, Cousens, Orthomedicine, Vol. 8, p.1-2

# What Nutrients are Found in E3 AFA?

Without proper nutrients, our bodies become nutritionally deficient. E3 AFA provides these missing nutrients. People tell us E3 helps them function at higher physical, emotional, mental and spiritual levels. While growing wild in nature, AFA's simple metabolism enables it to synthesize and store more nutrients from the air, water and sunlight than land-based plants. Below is a partial list of nutrients in AFA.

- **CHLOROPHYLL**—AFA contains more chlorophyll than any other natural food—3-5 times more than even wheatgrass! Chlorophyll detoxifies the body from internally generated poisons and the waste products of general metabolism. Chlorophyll also protects us from external environmental pollutants we come in contact with each day.

- **AMINO ACIDS**—Amino acids are the building blocks of protein. Amino acids build muscle, repair cells and are the raw materials from which the essential brain neuro-hormones serotonin and dopamine are synthesized. These brain hormones feed the brain's pleasure and mood control centers which influence how we feel on a moment-to-moment basis.

- **ENZYMES**—Enzymes are the spark of life behind every metabolic reaction in the body. Without enzymes, even vitamins and minerals cannot be absorbed. They are vital to digestion. Only living, uncooked foods contain enzymes. AFA algae is a high-enzyme, living food.

- **PHYCOCYANIN**—AFA is an abundant source of phycocyanin, the blue pigment found in some algae. Similar to chlorophyll, phycocyanin protects the body against various toxic substances found in our food, air and water. Recent research has revealed that phycocyanin is an effective antioxidant and promotes healthy joint functioning.

## What Nutrients are Found in E3 AFA? (cont...)

- **ANTIOXIDANTS**—Betacarotene is a precursor to Vitamin A. The U.S Center for Disease Control states Vitamin A helps prevent cancer. Like Vitamin C, betacarotene is also a powerful antioxidant which protects cells from free-radical damage caused by exposure to harmful chemicals and the effects of consuming too much processed foods.
- **MINERALS**—Minerals, especially trace minerals, are increasingly hard to find in the typical modern diet. Vitamins cannot be utilized without minerals being present. AFA contains every mineral known to science, in an easily absorbed "chelated" form.
- **VITAMINS**—AFA is a source of almost every known vitamin. The vitamins found in E3 are absorbed much more easily and completely than artificial, poorly assimilated man-made vitamins.
- **VITAMIN B12**—AFA provides a plant-based source of B12 without the potential health risks associated with animal-based B12 sources which contain unwanted cholesterol, artificial chemicals and hormones. B12 promotes vitality, stimulates libido, and is an essential nutrient for our nervous system.
- **ESSENTIAL FATTY ACIDS**—Each of the trillions of cell walls in our bodies are made from Essential Fatty Acids (EFA). Researchers tell us most people are deficient in EFAs. AFA algae is rich in EFA's, especially the Omega-3 form, (the hardest to find of all, even in natural foods). Omega-3 helps to maintain healthy cholesterol levels. Research shows Omega-3 is beneficial to the cardiovascular, immune and nervous systems.

*The nutrients found in E3 AFA are perfectly combined by nature, and work so synergistically, that E3Live delivers a wide range of nutritional health benefits for the regular user.*

## Frequently Asked Questions

### What's the difference between E3 AFA and man-made nutritional supplements?

E3Live is a whole, organic freshwater plant found in the wild that has both discovered and undiscovered nutrients. These nutrients are 97% fully assimilated. Only a fraction of the vitamin content of even more expensive "health food vitamins" are actually absorbed by the body. Man-made supplements only contain what the formulators choose to include.

### How is E3Live different from other brands of the same AFA algae from Upper Klamath Lake?

E3Live is the only AFA that is live, liquid and delivered to you closest to its natural state. E3Live is selectively gathered by our expert harvesters, and collected only from the deepest, most pristine waters of Upper Klamath Lake. We harvest only at peak times of optimal growth, when the algae is the heartiest, healthiest and most vibrant.

Harvesting AFA is an art AND a science. We discovered that the strongest, freshest algae is located only at the heart of the algae bloom, where the algae possesses its highest life-force.

The benefits of AFA are directly proportional to the quality of the harvesting source, and how the algae is handled at every step of the process. We take pride in knowing that we bring you the most potent and powerful algae in the world.

### How are Vision's harvesting and filtering methods superior?

E3Live's superior harvesting and proprietary filtration methods ensure the absolute highest quality. Our AFA is selectively harvested so that only the purest, most vibrant blooms are gathered. Starting at our harvest site, E3Live is immediately chilled to preserve its natural vitality and highest nutritional value. We work hand-in-hand with the most experienced, conscientious harvesters and knowledgeable algae researchers in the world.

# Frequently Asked Questions

## How is the consistent quality of E3 products assured?

From the moment we harvest the algae, to its final packaging, we work with only the most highly trained and qualified staff. We handle our AFA with such care from start to finish. Factors contributing to this quality include: where and how we harvest, keeping the algae cold at all times, superior filtration and storage, and ongoing quality-control testing of all our products. All E3 products are tested thoroughly by independent USDA certified labs for food safety, shelf-life and various other water purity tests.

## What's the difference between E3Live & Vision's own E3 Refractance-Window™ dried algae?

Both are excellent foods. E3Live's live, liquid form is closest to its natural high-energy state found in nature and is the ideal way to consume AFA. Our Refractance-Window drying method retains much of AFA's original nutritional and energetic properties. We recommend our Refractance-Window dried AFA to further boost nutritional intake, as well as for your convenience at work and while traveling if refrigeration is not available.

## Can I feed AFA algae to my pets?

Absolutely. In fact, both the liquid E3Live and our E3 Refractance-Window dried form are favorites among veterinarians who successfully treat nutritional deficiencies in dogs, cats, birds, horses and other animals. Benefits are especially seen in older animals, bringing back youthfulness and a higher quality of life.

Horse owners love E3Live for the changes seen in hooves, coats and the overall health of their horses.

If you love your pet, you'll love E3Live. Feel free to contact us and we'll mail you free feeding guidelines, testimonials, and recommendations from veterinarians.

There is no other pet food that DARES to give an unconditional one-year guarantee that you will "See the Difference!"

# Order Today: E3 Product List

## E3 AFA

### E3Live Fresh Frozen Liquid

*Most Powerful & Beneficial*

E3Live™ The world's only "live" AFA algae; Certified organic and kosher. "Feel the Difference!" "Arrives Alive" in frozen form, thaws out in refrigerator. Minimum order 4 bottles (up to 8 month supply).

Item #1000—E3Live, 480 ml/16.2 fl. oz. bottle \$25.00

### E3 Refractance-Window Dried AFA in Capsules

Certified organic and kosher, in vegetarian capsules. (no gelatin, purely vegan!)

Item #1101—AFA vegetarian capsules, 90 caps (500 mg) \$24.95

Item #1102—AFA vegetarian capsules, 500 caps (500 mg) \$120.00

Save more than \$18.00

### E3 Refractance-Window Dried AFA Flakes

Organic and kosher. Flake form is an easy way to add E3 AFA to liquids, smoothies and food.

Item #1201—AFA Flakes, 50 grams \$26.00

Item #1203—AFA Flakes, 460 grams \$220.00

Save \$19.20

## Digestive & Cleansing Enzymes

### Digest Plus Enzymes

A superior blend of plant-based enzymes and other plant-derived digestive aids combined with crystalloid electrolyte minerals to help digest and assimilate food.

Item #2101—Digest Plus, 90 capsules (500 mg) \$10.80

### E3 Enzymes Supreme

*Most Powerful & Beneficial*

Our NEW digestive and cleansing blend of plant-based enzymes and other plant-derived digestive aids. This 3-in-1 formula consists of premium, full-spectrum, digestive enzymes with added nutritional co-factors optimized to work in wide pH variations throughout the entire digestive tract.

**Formula contains:** Alpha & beta amylases, protease I & II, lipase, cellulase, lactase, maltase & invertase; glucanase, xylanase, pectinase, phytase; proprietary pepsidase.

**Co-factors include:** sprout and grass juice extracts, plant-derived minerals, papain extract, bromelain, rutin and alma berry (Indian gooseberry). All ingredients are from non-dairy vegetarian sources. Vegetarian capsules.

Item #2103—Enzyme Supreme powder, (50 grams) \$19.95

Item #2104—Enzyme Supreme vegetarian capsules, 90 caps (430 mg) \$19.95

# E3 Product List (cont...)

## Green Blend You're My Everything™

Feel the  
Difference  
Even More!

Enhance the power of E3Live with this superfood green blend; includes a proprietary blend of nutritional, plant-derived MSM (methyl sulfonyl methane), crystalloid electrolyte sea minerals, certified organic cayenne pepper, AFA powdered algae, spirulina and camu-camu.

Health-seekers have long known about the benefits of E3 AFA and spirulina blue-green algae, two of the most complete, nutrient-rich super foods available. These exceptional foods have been shown to boost the immune system and help your body eliminate toxins. Mix with juice or water.

Item #1220—You're My Everything, 12.5 oz. powder mix \$39.95

## Internal Cleanser For Intestinal Health Internal Cleanse

Gently promotes intestinal health and bowel regularity.

**Ingredients:** Psyllium husks, ginger root, celery seed, aloe vera, lactobacillus acidophilus, red raspberry leaf, cascara sagrada, fennel, apple pectin, barberry, turkey rhubarb, papain, slippery elm, and crystalloid minerals, No fillers.

Item #2102—Internal Cleanse, 90 cold-pressed caps (500 mg) \$12.00

## Skin Care Products

### E3 Nourishing Soaps

All our E3 Nourishing Soaps are handmade in the USA with 100% natural organic ingredients. What makes our organic vegan soaps so unique is they contain our very own E3 AFA, the world's only soap products with 64 vitamins and minerals. Made with no chemicals or dyes and filled with precious essential oils.

Item #3100—Green Tea Soap, 4 oz. bar \$4.75

Item #3101—Kelp Soap, 4 oz. bar \$4.75

Item #3102—Peppermint Soap, 4 oz. bar \$4.75

(Trial size bars available for \$1.50 ea.)

### E3 Facial and Body Care *Look Younger!*

Feed your skin the pure, natural ingredients nature intended. You will see and feel the difference with our E3 Cream and E3 Exfoliant.

There are no chemical additives in E3 Skin Care products, just pure, natural, organic nourishment for healthier, glowing skin!

Item #3202—Earth's Essential Cream, 2 oz., \$20.00

Item #3206—Earth's Essential Exfoliant, 7 oz. \$18.00

Item #3202.1—Trial Size Skin Care Pack, \$1.50

# Tamera's Truffles (cont...)

## *Hawaiian Kona Espresso*

This chocolate delight combines the rich flavors of dark and milk chocolate with a luscious, creamy center (called a ganache); laden with generous amounts of nutritious E3Live AFA. Each year, Hawaii's "Kona Coffee Cupping Award" winner has the honor of adding their organic coffee beans to the recipe of the world's finest, most nutritious chocolate espresso truffle. Available with a variety of delicious toppings.

## *Hot For You!*

For those who love sweet, hot, spicy foods, WOW, this is it! Experience an all new "HOT chocolate." Available in three degrees of intensity—Hot For You! (mild), Extremely Hot For You! (medium), & Insanely Hot For You! (fiery hot). The name alone makes this a great gift for your beloved! All "Hot for You" Tamera's Truffles are made from a proprietary blend of 10 varieties of organic hot peppers in a dark chocolate center. During the Valentine and Christmas seasons, available in heart shapes.

## *Blue Dream*

A taste sensation in a class by itself! Gourmet white chocolate with a Caribbean-blue ganache center containing ample quantities of phycocyanin extracted from AFA. Phycocyanin is an antioxidant, anti-inflammatory pigment associated with PEA, an amino acid compound produced by the brain when one experiences joy and love. PEA is sometimes called "the molecule of love." So naturally, you'll love our Blue Dream truffles! Let's hear it for chocolate!

## *Tamera's Original*

Connoisseurs of dark chocolate, rejoice! This is the famous Tamera's Truffle that started it all. People loved 'em so much they begged us for more flavors. Blends mouthwatering dark Belgian chocolate with a savory, all natural ganache made from real vanilla, cream, and healthy E3Live. Also available in larger dessert-size.

## *Mountain Raspberry*

A fusion of mountain raspberries, smooth Belgian chocolate and creamy center ganache containing nutritional E3 AFA. This "berry" special truffle is topped with a raspberry swirl.

All Tamera's Truffles must be kept frozen or refrigerated to preserve freshness.

# New-World's Only...

## Healthy Intelligent Chocolat™

All organic and kosher ingredients. No preservatives, no wax, no artificial ingredients—"Guilt be gone."

## Tamera's Truffles™ *Experience the taste of pure pleasure!*

We know how people LOVE chocolate, so I used my 30 years of chef training to put E3 AFA into the creamy center of pure chocolate truffles. The taste is second to none! I've selected the finest Belgian chocolate to ensure the highest antioxidant and nutritional values. If you love chocolate, you owe it to yourself to eat healthy intelligent chocolate.



—Tamera Campbell, Master Harvester & Chocolatier



*Tamera's Original*

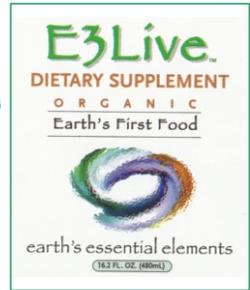
- Truffle—\$2.00 each
- Dessert Truffle—\$3.00 each  
(currently available in Tamera's Original)
- 16 count Variety—\$32.00
- 24 count Variety—\$48.00
- 16 count Blue Dream—\$32.00
- 16 count Espresso—\$32.00
- 16 count Raspberry—\$32.00
- 16 count Tamera's Original—\$32.00
- 5-pack Variety—\$10.00

**Special:**  
Buy 50 truffles  
and get 5 more  
truffles  
**FREE!**

"Feel the Difference"

# E3Live™

earth's essential elements



THE MOST VITAL WILD-GROWN SUPERFOOD ON THE PLANET



## Ordering & Information

Phone: 888-800-7070 EST  
International: 541-273-2212  
Website: [www.e3live.com](http://www.e3live.com)

OR 888-233-1441 PST  
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Email: [sales@e3live.com](mailto:sales@e3live.com)



Michael Grant White  
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