



Now when you appreciate a great cup of coffee each day, you can also enhance your health, vitality and longevity.



Naturally Grown, Expertly Roasted and Doctor Formulated Vital Coffees™

Vital Coffees start with a delicious blend of some of the world's finest Arabica Coffees selected from Costa Rica, Indonesia and Colombia, to provide a rich and rewarding coffee experience, every time.

- ✓ Shade-grown at higher elevations in nutrient-rich volcanic soil
- ✓ Hand-picked four times for uniform ripeness and flavor
- ✓ Naturally-grown without the use of any herbicides or pesticides
- ✓ Expertly handled and milled, then dark-roasted and ground
- ✓ Leading natural doctor-formulated, with nutrients and herbs added to provide scientifically and clinically recognized health benefits
- ✓ Freshly packaged in convenient 2 oz. single pot packs to produce four to six cups of delicious coffee flavor and aroma
- ✓ Warm coffee delivery enhances bioavailability and provides enhanced daily delivery of vital nourishment into the bloodstream
- ✓ Formulated to help reduce cholesterol and hypertension, and support cardiovascular health; to help provide relief and support from the effects of daily stress; or to help support joint health and relieve joint discomfort



Available exclusively from: Vital Age International, Inc., Sun Valley, ID
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Note: These products have not been reviewed by the Food and Drug Administration. They are not intended to diagnose, treat, cure or prevent any disease.



Patent Pending

Vital Coffees™ - Stress Relief Blend

By Dr. Chris D. Meletis, ND

Uncontrolled stress is well known to promote pre-mature aging.

Stress lowers overall immunity, increases joint pain and suffering. It also contributes to depression, anxiety and also to mental fatigue. In fact, recent studies have shown that about 85% of all doctor and hospital visits can be traced back directly or indirectly to the impacts of stress.

The Stress Relief Blend of Vital Coffee is a proactive approach to help fortify the body against the ravages of modern, stressful living. Your body needs to be well-nourished in order to help offset the effects of stress and to flourish.

Nourishing the Body Well

The Stress Relief Blend was formulated to provide clinically-proven amounts of nutrients and herbals to support your personal wellness and stress-reduction goals. By delivering these therapeutic doses in a caffeinated, hot beverage – Vital Coffees increases the bioavailability and enhances the delivery of the recommended nourishment into the bloodstream more efficiently and completely, for optimal results.

Daily use of the Stress Relief Blend of Vital Coffees, helps ensure regular and efficient delivery of nutritional elements to help support the mind and body against the impacts of daily stressors.

B Vitamins are recognized as the “anti-stress vitamins”. They help the body deal with stress by fueling the nervous system, including the replenishment of neurotransmitters (the brain chemicals) essential for thoughts, dreams and aspirations. Vitamin B6 is needed for over 60 enzyme pathways in your body and B12 for proper DNA and energy production. Insufficient B vitamins

can result in lack of energy and diminished mental and physical performance throughout the 50 trillions living and regenerating cells that comprise your body.

Maximum effectiveness of B vitamins occurs when they are taken together as B complex.

Green Tea Extract helps you remain calm and serene in the face of adversity. Researchers have identified a natural amino acid in green tea, called L-theanine, which can help support the “calm state-of-mind” associated with increased alpha-waves.

Chamomile Tea has long history as a folk remedy to help you relax while not being sedating. Blending chamomile and green tea provides a rich traditional synergy designed for increased therapeutic impact.

Siberian Ginseng has long been recognized for its ability as an adaptogenic herb that supports the adrenal glands the first defense against stress, thus helping the body adapt to the dynamic challenges of daily living.

De-Stressing Basics

Taking a proactive stance against the destructive power of stress is the ultimate key to maintaining and regaining a strong wellness foundation. If stress goes unchecked, then you can become distressed. The key is to de-stress, to avoid the long term effects of uncontrolled stress which is the loss of a state of being at ease, which can ultimately lead to dis-ease (disease).

Since an estimated 85 percent of all doctor visits can be associated either directly or indirectly to stress, the only way to avoid becoming part of this alarming trend is to calmly but assertively to take charge of your stress.

The Stress Relief Blend of Vital Coffees is designed as a unique delivery method to allow you to enjoy delicious, naturally-grown, dark-roasted coffee while providing your body added nourishment, as part of your daily diet and lifestyle wellness program.

Additionally, the North American diet is lacking in sufficient antioxidants and coffee possesses potent antioxidant properties to quench free radicals. Coffee has been shown to be a primary source of antioxidants in the USA and Canada. Scientific studies have shown applications and beneficial effects of consuming moderate amounts of coffee for diabetes, Parkinson’s, gastrointestinal and liver health, immune function and countless other health applications.

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Vital Coffees™ - Healthy Heart Blend

By Dr. Chris D. Meletis, ND

Heart disease is the leading PREVENTABLE cause of premature death in North America. It accounts for 1 person dying every 33 seconds. However by making healthier choices and investing in our bodies, the common risk factors can be controlled, putting you in charge of your health.

Elevated cholesterol is now a huge health crisis in North America. Just turn on television or open up a magazine and you'll see an ad for a new drug to lower your cholesterol. There are natural ways to control cholesterol, such as increasing fiber intake, avoiding trans-fats in processed carbohydrates and fried foods.

Increased cholesterol levels contribute to the literal traffic jam in the 60,000 plus miles of blood vessels that serve as the highways and byways within your body. The 50-100 trillion living and regenerating cells that comprise your body need a constant supply of oxygen and vital nutrients, so it is up to you to avoid grid-lock that will prevent the delivery of these life sustain substances.

What Have You Done for Your Heart Lately?

Let's start with what your 10 ounce heart has done for you... With an average pulse of 72 beats per minute, by the end of 24 hour day it will have beat 103,680 times. Day in and day out – your heart is taking care of you. Now it is time to return the favor!

Blending Health and Enjoyment

It has never been simpler, when you enjoy all Vital Coffees you are partaking the best, naturally grown coffee beans available. This dark-roasted blend of fine Arabica beans from Costa Rica, Indonesia and Colombia are shade-grown to ripen more slowly, absorbing more nutrients and flavor. They are grown

at higher elevations in rich volcanic soil, without the use of herbicides or pesticides. The coffee cherries are hand-picked four times, to provide uniform ripeness and flavor. The coffee beans are then carefully milled, expertly dark-roasted and ground, then blended with therapeutic amounts of nutritional supplements and packaged for optimal freshness.

Scientific studies have shown coffee consumption can actually help prevent LDL (the bad cholesterol) from undergoing free radical damage and thus lessen the likelihood of damage to the lining of your're your blood vessels.

Healthy Heart Blend Coffee

is designed to help you be proactive with your cardiac health.

Policosanol Medical research has shown that policosanol can decrease total cholesterol, lower low-density lipoprotein (LDL), while increasing high-density lipoprotein (HDL) cholesterol. Policosanol appears to lower cholesterol levels by inhibiting hepatic cholesterol production and increasing the breakdown of low-density lipoprotein (LDL) cholesterol.

Gugulipids The active ingredients in this amazing East Indian herbal can inhibit the synthesis of cholesterol in the liver and can also help confer protection against free radical damage to cholesterol. Studies have shown that guggul can reduce serum total cholesterol and low-density lipoprotein (LDL) cholesterol along with triglyceride levels.

Vitamin C Oral vitamin C can decrease the risk of atherosclerosis and peripheral arterial disease. There is a correlation seen in patients with artery disease and a correlation with lower levels of vitamin C and higher levels of C-reactive protein, a

marker of inflammation. Thus vitamin C a potent antioxidant, important for immune function, can also help protect your cardiovascular health.

Additionally, the North American diet is lacking in sufficient antioxidants and coffee possesses potent antioxidant properties to quench free radicals. Coffee has been shown to be a primary source of antioxidants in the USA and Canada. Scientific studies have shown applications and beneficial effects of consuming moderate amounts of coffee for diabetes, Parkinson's, gastrointestinal and liver health, immune function and countless other health applications.

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Vital Coffees™ - Joint Java Blend

By Dr. Chris D. Meletis, ND

Each morning and all-day long, the daily wear and tear on your joints continues and without a proper level of repair, the aging process begins with symptoms of stiffness, sore joints and degenerative arthritis.

Millions of Americans suffer the unnecessary consequences of joint pain and destruction. The key is to adopt a health promoting program that increases the intake of omega-3 oils, muscle toning exercises, proper rest and the building blocks to sustain your body's resilience and overall integrity.

Joint Java Blend Coffee

The synergistic blend of glucosamine and chondroitin sulfate, along with MSM provides your body with a rich supply of essential sulfur and the building blocks to fuel your cartilage producing chondrocytes. With the unique delivery system, Joint Java's caffeine and warmth enhances the beneficial effects and antioxidant protection.

The goal is simple, have sufficient repair to off-set the daily wear and tear. It's all a matter of maintaining a healthy balance, which just became a lot easier with Joint Java.

MSM Osteoarthritis is the most common form of arthritis and the second most common cause of long-term disability in the United States.

A randomized, double-blind, placebo-controlled trial was conducted. Fifty men and women, 40-76 years of age with knee osteoarthritis pain were enrolled in an outpatient medical center. Intervention was MSM or placebo twice a day for 12 weeks. Compared to placebo, MSM produced significant decreases in pain and physical function impairment

Glucosamine Sulfate

Taking glucosamine sulfate orally significantly improves symptoms of pain and functionality in patients with osteoarthritis of the knee in studies lasting up to three years. Glucosamine sulfate seems to help decrease pain and to improve functionality scores.

Recent studies have shown that glucosamine may slow joint degeneration in patients that have osteoarthritis (wear and tear arthritis). In fact, patients taking glucosamine seem to have significantly less knee joint degeneration, less joint space narrowing, and significant symptom improvement when compared with placebo.

A meta-analysis suggests that glucosamine sulfate might reduce the risk of osteoarthritis progression by up to 54 percent.

Chondroitin Sulfate is combined with glucosamine for its additive effects and now research suggests that chondroitin might allow dosage lowering of over the counter pain medications for some individuals as the body begins to repair itself. Chondroitin has been shown to help slow progression of established osteoarthritis.

The use of chondroitin has also been shown to be effective in reducing symptoms and also to help prevent joint space narrowing compared to placebo.

Additionally, the North American diet is lacking in sufficient antioxidants and coffee possesses potent antioxidant properties to quench free radicals. Coffee has been shown to be a primary source of antioxidants in the USA and Canada. Scientific studies have shown applications and beneficial effects of consuming moderate amounts of coffee for diabetes,

Parkinson's, gastrointestinal and liver health, immune function and countless other health applications.

Millions of Americans suffer daily from joint pain that can largely be avoided by most by following a healthy diet and lifestyle, good footwear and incorporating the nutrients found in the Joint Java Vital Coffees Blend.

Structure supports function, so if you don't maintain healthy joint structure you will lack the function you want for optimal vitality.

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