

ARE YOU INTERESTED IN:

- Losing weight?
- Reducing cholesterol?
- Feeling better?
- Having more energy?
- Decreasing your desire for unhealthy snacks?

YOU'VE GOT TO TRY DEE'S CEREAL!

From the moment you open the package, you will see that Dee's Cereal is different from any other hot cereal you've tried.

For one thing, you keep it in the freezer to maintain optimum nutritional value.

Dee's Cereal has a delicious flavor and a slightly crunchy, nutty texture—it's not bland and mushy like other hot cereals!

Men and women, even in advanced years, are reporting a noticeable increase in energy and an added sense of well-being!

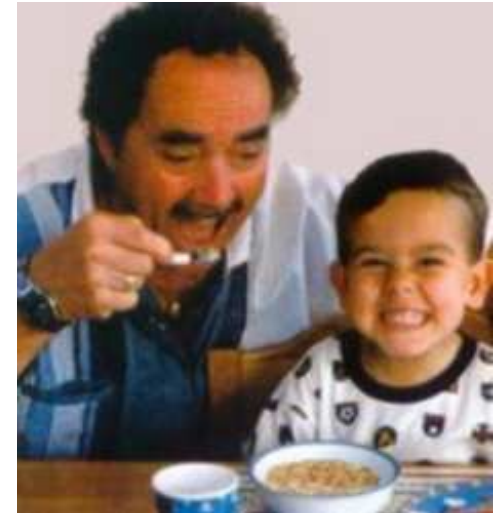
NUTRITION FACTS*			
Serving Size: 1/3 cup (35 g)		Servings Per Container: About 50	
Ingredient	Dee's Cereal	With 1/2 cup skim milk	
Calories	205	248	
Calories from Fat	72	74	
Ingredient	Amount Per Serving	% Daily Value	
Total Fat	8.37 g	11%	12%
Saturated Fat	1.27 g	5%	6%
Cholesterol	0.00 mg	0%	0%
Sodium	85.12 mg	4%	6%
Total Carbohydrate	28.04 g	8%	10%
Dietary Fiber	5.23 g	21%	21%
Protein	6.71 g	15%	24%
Thiamin	0.30 mg	25%	28%
Riboflavin	0.14 mg	11%	24%
Vitamin B6	0.20 mg	12%	15%
Folate	51.83 mcg	13%	14%
Phosphorus	190.4 mg	19%	31%
Magnesium	88.52 mg	22%	25%
Iron	2.17 mg	22%	25%
Copper	0.38 mg	19%	19%
Manganese	1.30 mg	57%	57%
*See our website for a more complete listing.			

No other cereal compares with the nutrition and staying power found in Dee's Cereal. The cereal is power-packed and contains a high quantity of protein, fiber, minerals, and natural vitamins.

Ingredients: Wheat, Barley, Corn, Raisins and/or Cranberries, Millet, Coconut, Almonds, Bananas, Sesame Seeds, Flax Seeds, Brown Rice, Oats, Sunflower Seeds, Garbanzo Beans, Spices. Contains no preservatives.



A WHOLE NEW BREAKFAST EXPERIENCE



Cooking Instructions:

Microwave:

In a deep dish, mix 1/3 cup of cereal with 2/3 cup water. Cook in the microwave for 3-4 minutes. Let set 2-4 minutes. Stir until smooth. Add sweetener and milk as desired.

Stovetop:

In a small saucepan, mix 1/3 cup of cereal with 2/3 cup water. Bring to a full boil. Remove from heat and let stand for 5 minutes. Stir until smooth. Add sweetener and milk as desired. Enjoy!

Dee's Story

At age 66 I weighed 285 pounds and had a cholesterol level of 250 MG/DL. I suffered from diabetes and injected 45 plus units of insulin a day to control my sugar level. I also had high blood pressure.

Today at 70, I am 60 pounds lighter, my cholesterol level is good, I no longer have diabetes, and my blood pressure is normal. WHAT HAPPENED?

Basically, I accepted personal responsibility for my health. First, I started exercising. For me, daily walking proved to be the best exercise. Secondly, I studied nutrition. **I found breakfast to be my biggest problem!** I experimented with oats and other cereals, but found there was nothing that provided the staying power necessary to get me through the mornings. Hence, the development of Dee's Cereal. This cereal keeps me going until noon and has become an essential part of my nutrition program.

It was not until I finally had breakfast under control that I was able to move forward. Over the next nine months, exercise and proper nutrition solved my weight problem. The diabetes and high blood pressure then simply went away!

As my friends began to notice the changes, they asked what I was doing to achieve such remarkable results. When I told them about the cereal, many of them asked if they could buy it from me. Soon the number of users reached the point where, like it or not, I was in the cereal business. It has been a remarkable experience to watch my friends' and neighbors' health improve!

Dee's Cereal

PART OF YOUR HEALTHY LIFESTYLE



Information provided in this pamphlet is for educational purposes only. This product is not intended to diagnose, treat, cure, or prevent any disease.

To learn more, visit our website (<http://www.deescereal.com>).

**Purchase a bag today
from your retailer:**

Jeannie Sorensen
Provident Living Center
729 W. 350 South
Orem, UT 84058
Phone (801) 226-0635
Toll-Free (800) 723-0635



**Dee lost 60
pounds,
controlled his
blood pressure,
and conquered
diabetes.**

**What will YOU
achieve?**