

# The Body's Need for Protein

Science has proven the following:

1. Each year, 98% of the atoms in the body are replaced.
2. In 3 months, the body produces a new skeleton.
3. Every 6 weeks all cells are replaced within the liver.

4. Each month, the body produces entirely new skin.
5. Muscle tissue is continually breaking down and new tissue is synthesized.
6. The body constantly replaces old blood cells with new blood cells.
7. Every cell in the body is continuously being recycled.

**Question:**

Where do all the new cells come from?

**Answer:**

The answer is simple: The **PROTEIN FOODS** we eat every day.

**That's why the saying,  
"You are what you eat,"  
is literally true!**

1. Next to water, **PROTEIN** is the most abundant substance in the body.
2. 60-70% of all protein in the body is located in the skeletal muscles.
3. 90% of the dry weight of our blood is protein.

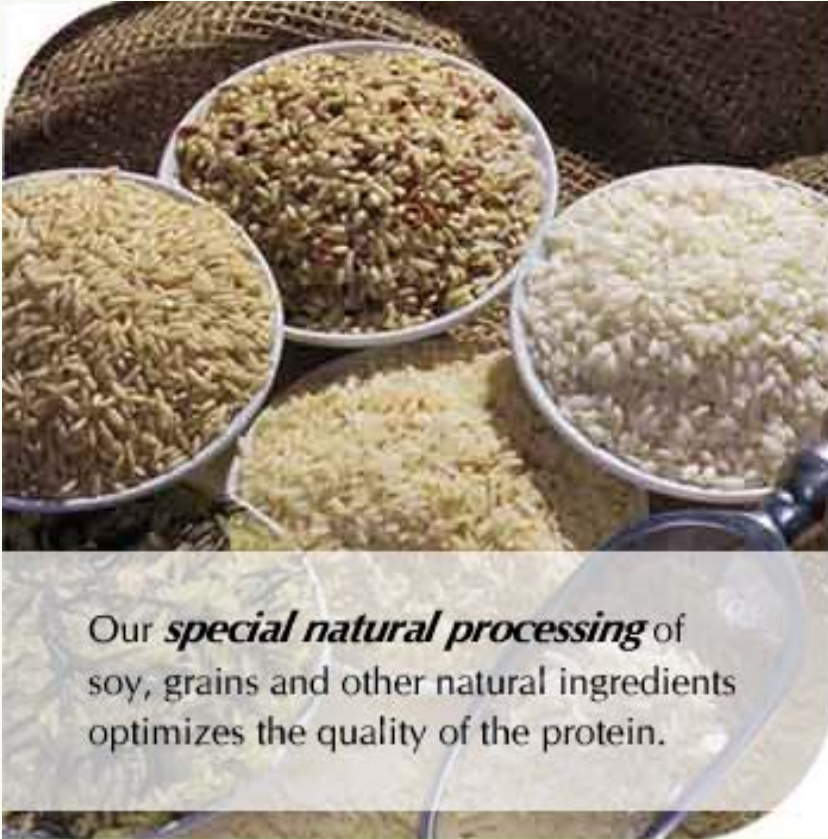
4. 70% of our skin is protein.
5. Protein provides the building blocks for the following:

connective tissue, enzymes, hormones, insulin, antibodies and millions of other biochemical activities going on in the body every minute.

6. For growth to occur everyday, the body must consume more protein than it uses/utilizes.

# InstaLIFE Nutritional Supplement

- **InstaLIFE** is a product of high nutrient density with a proper balance between calories, protein, lipid and micronutrients.



Our *special natural processing* of soy, grains and other natural ingredients optimizes the quality of the protein.

Miracles happen with InstaLIFE

Insta**LIFE**  
INTERNATIONAL

- **InstaLIFE** products provide the high-quality protein necessary for the body.
- Every 4oz. Serving contains **35g** of **highly digestible protein**.
- **LIFE** is unlike any other pre-cooked convenience product of its kind.

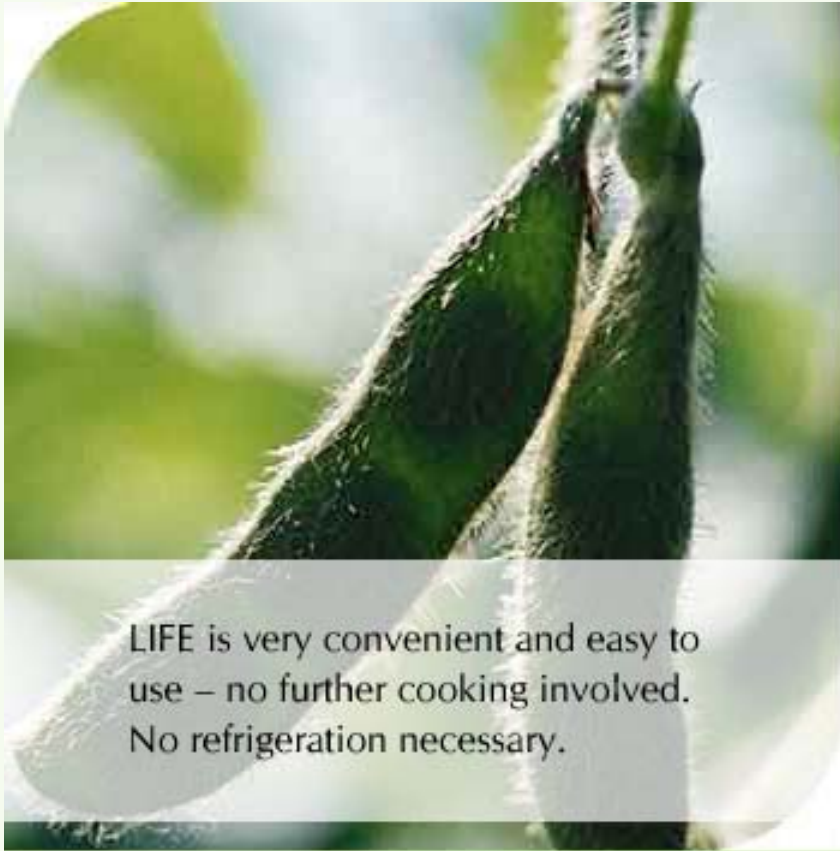
**InstaLIFE**  
INTERNATIONAL



**35** grams of *quality protein* in every 4 ounce serving providing the much needed high-protein density for the demanding physical activity of athletes *and growing children.*

Miracles happen with InstaLIFE

**InstaLIFE**  
INTERNATIONAL



LIFE is very convenient and easy to use – no further cooking involved. No refrigeration necessary.

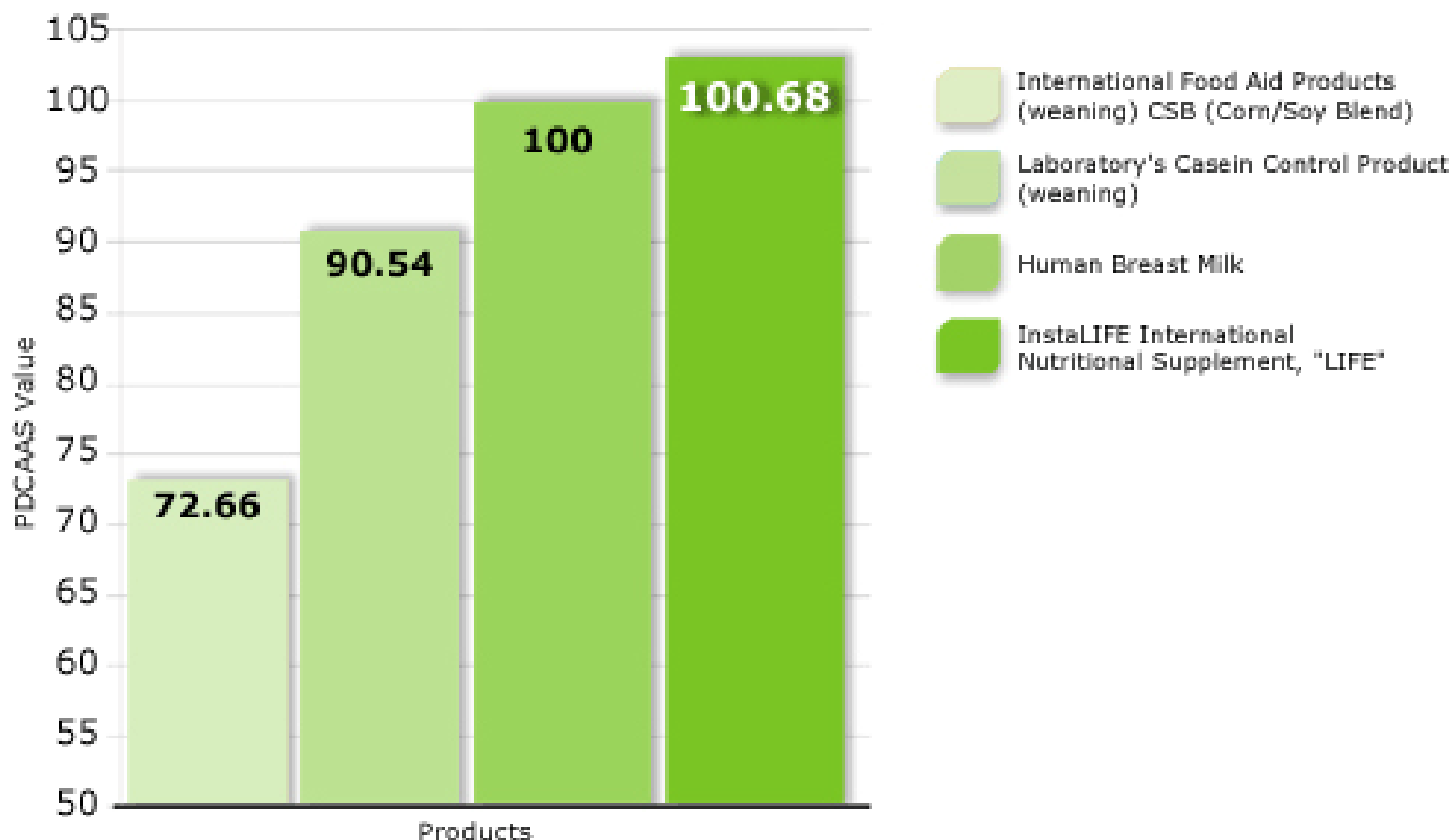
Miracles happen with InstaLIFE

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- **LIFE** has been tested against other nutritional supplements provided by international food aid programs.
- In the protein digestibility test, (PDCASS) all products are judged against a laboratory's standard which has a 90.54 point value.
- The international food aid product scored a 72.66 point value.
- **LIFE** scored an incredible **100.68**.

## Protein Digestibility Corrected for Amino Acid Score

Test Results

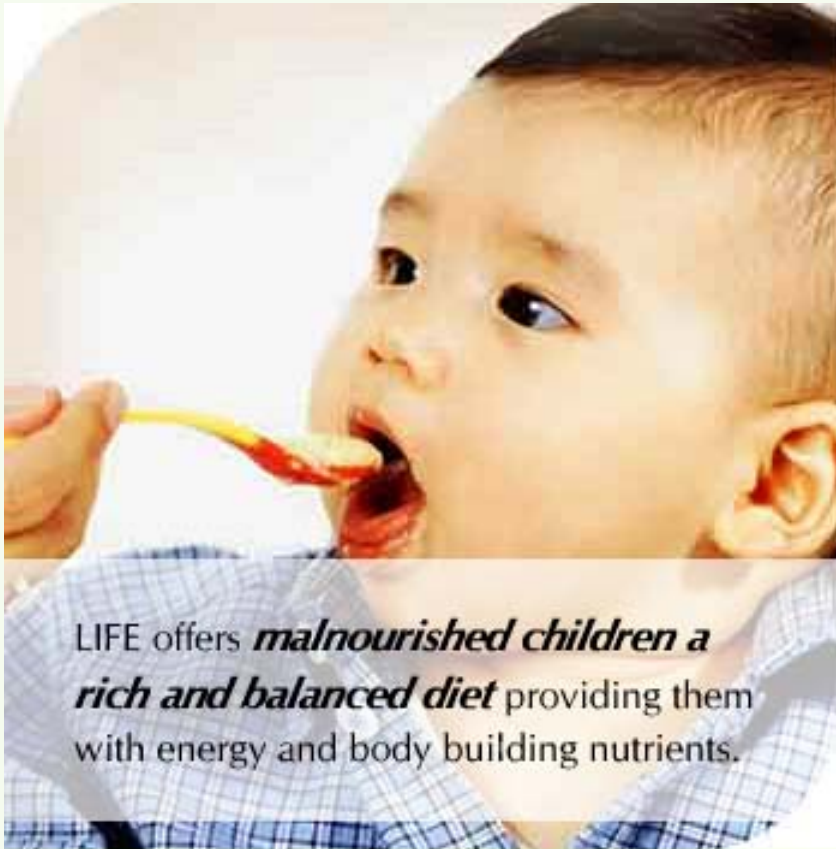


- Our next chart will demonstrate how **Life** **exceeds** the **essential amino acid** requirements for all age groups.

## Amino Acid Daily Requirements

	Daily Requirements*	InstaLIFE	Exceeds Daily Requirements
School Children 10-12 yrs.	339 mg/g Protein	426 mg/g Protein	126%
Pre-School Children 2-5 yrs.	241 mg/g Protein	426 mg/g Protein	177%
Adults	127 mg/g Protein	426 mg/g Protein	335%

\*as suggested by FAO/WHO/UNU



LIFE offers *malnourished children a rich and balanced diet* providing them with energy and body building nutrients.

Miracles happen with InstaLIFE

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INTERNATIONAL

- In addition to creating a highly digestible product, **InstaLIFE Intl.** has added **Probiotics.**

**Question:**

What are **PROBIOTICS**?

**Answer:**

**Probiotics** are naturally occurring healthy bacteria that protect the body and help to prevent illnesses which attack the digestive system such as E-coli and Salmonella. *They are activated when mixed with moisture.*

- Research shows that **Probiotics** are vital and extremely beneficial to build and maintain a **healthy digestive and immune system**.
- They are beneficial in the following ways:
  1. Create a digestive environment necessary for disease prevention.

2. Allow nutrients to be absorbed faster through the intestinal tract.
3. Produce Lactic Acid which lowers the pH killing E-coli, salmonella & other digestive diseases.
4. Produce fatty acids that are converted into energy.
5. Produce enzymes that aid in the digestion of food.

- Probiotics **must be replenished** in order to provide immunity for those who are continually exposed to foreign pathogens and infectious agents.

**InstaLIFE's** high digestibility and the unique bonding of Probiotics **provided the highest protection** against poor health cause by malnutrition and unhealthy environments.

At **InstaLIFE** International, it is **our mission to feed** the millions of **starving people around the world.**

Please join us in our quest because  
**Miracles happen with InstaLIFE!**