

# HEALTH SHOWCASE

**KIKKOMAN** *Delicious Pearl™ Soy milk* It's a matter of taste and with four great flavors to choose from, Pearl™ Soy milk is an easy way to treat yourself right. Made from organic soybeans and flavored with the finest natural ingredients, Pearl™ Soy milk comes in Original, Creamy Vanilla, Green Tea and Tropical Delight. Try Original flavor over cereal and Creamy Vanilla by the glass. Green Tea - uses imported organic tea, loaded with anti-oxidants, and Tropical Delight - flavored with the juices of 7 different fruits and vegetables, are delicious alone or in smoothies. Pearl™ Soy milk is healthy refreshment for everyone any time of day. Every glassful provides 7 grams of soy protein and is high in calcium and vitamins A and D. It's lactose and cholesterol-free, making it an uncomplicated way to add nutrition to daily routine. Good taste stands out. For more information, store locations and recipes visit [www.pearlsoymilk.com](http://www.pearlsoymilk.com)

**YOGILATES** Yogilates® - Redefining fitness through integrative techniques. Yogilates® is now the training system of choice for the hottest bods in Hollywood. Combining Pilates and Yoga in a super-efficient workout, no technique is better for flattening the abs, improving flexibility, aligning the spine, and improving circulation in all parts of the body. Yes, Yogilates® will help you lose weight! Now, for the first time, you can get the complete progressive video program that you can do anywhere. These high quality videos are digitally mastered and have received great reviews from *Newsweek*, *New York Times*, *CNN*, *Shape*, *ELLE*, *Vogue*, *Self*, *Fitness*, *Bazaar*, *Cosmopolitan*, *Mademoiselle*, many others, as well as our regular customers. Find out what the buzz is about, check out [www.yogilates.com](http://www.yogilates.com) and order online.

**SOY NUT BUTTER** Peanut free, I.M. Healthy SoyNut Butter is perfect for today's health and fitness conscious woman, and for women scrambling to find a "kid acceptable" alternative for peanut butter. With great taste, 50% less saturated fat and better protein than peanut butter, I.M. Healthy is a nutritious way to satisfy an age old love with a modern product. I.M. Healthy also offers all the specific health benefits of soy. Manufactured in a peanut/nut free facility, I.M. Healthy is available in a wide variety of styles including new "Low Carb" Creamy and Chunky. Check them all at [www.soynutbutter.com](http://www.soynutbutter.com) or 800-288-1012.

**Good Taste Stands Out.**

Pearl™ Soy milk, made from organic soybeans, comes in four refreshing flavors—Original, Creamy Vanilla, Green Tea and Tropical Delight.

Try them and see for yourself.  
Good taste makes a difference.

[www.pearlsoymilk.com](http://www.pearlsoymilk.com)

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