

David Miller Independent Shaklee

**David Miller
Independent Shaklee Distributor
Home Business Franchise Online
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<http://www.shaklee.net/mimc> or <http://www.safeandproven.com/>

[Shakleebabys](http://www.shaklee.net/mimc/)
[Shakleekids](http://www.safeandproven.com/)

CarotoMax - Maximum Protection, Maximum Health

Only one in seven people in the United States eats enough fruits and vegetables and gets enough exercise, according to a new report from the U.S. Centers for Disease Control and Prevention (CDC). In addition, men rank consistently worse than women in this regard.

The CDC conducted a telephone survey of 356,112 people, assessing their diet and exercise habits with a series of questions. The goal was to determine what percentage of people meets the government's recommendations to eat at least five servings of fruits and vegetables a day and to engage in moderately intense exercise for at least 30 minutes a day, five days a week, or vigorous exercise for at least 20 minutes a day, three days a week.

It reminds me of the ice cream commercial with the two little boys eating ice cream. One can't read the scientific words of ingredients in the ice cream and the other boy is reading: cream, strawberries, sugar and milk. The commercial seems funny, but oh so true. My vote goes for the Natural Vitamins and Supplements.

Everything is Guaranteed so you've nothing to lose and much to gain.

<http://www.shaklee.net/mimc/product/20653>

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