

GREEN BOOKLET

R-Garden

The World's Finest Nutritional Products
I N T E R N A T I O N A L E

Have You Had the "Vitamin O" Experience?

Thousands have and they wouldn't be without this astonishing product!

And, now you can try "Vitamin O"
Absolutely risk free!

Dear Friend,

Thousands of people have tried this marvelous product. Our company R-Garden Internationale, has long been a leader in bringing the latest and very best nutritional products to the public. If you haven't yet tried "Vitamin O", we would like for you to experience this product yourself. As a special introductory offer, **you can buy two four-ounce bottles for just \$60 (plus \$5 for shipping and handling) and we'll give you two extra four-ounce bottles FREE.** So, you can have plenty of opportunity to see for yourself why so many of our customers are satisfied with this product.

"Vitamin O" is unconditionally Guaranteed

I am so confident that you will benefit from this product, that I am offering it to you absolutely risk free. If not satisfied, simply return your order for a full refund within ninety days.



William P. Rush, President

P.S. With our 100% money-back guarantee, you risk nothing! Order your four bottles today! Just call our toll-free Order Line or mail or FAX your order to us.

**What People
Are Saying
About
“Vitamin O”**

“She Runs & Plays with Other Children”



My granddaughter, Destiny, four years old, has had asthma for three years. Her mother had to give her three breathing treatments per day, just to keep her well, which she never was. She has been in and out of hospitals and always ill. She has now been on “Vitamin O” for approximately four months, 20 drops, morning and night. She gets no more breathing treatments, the dark circles are gone from under her eyes, she is not sick anymore, and she runs and plays with other children. I can't thank you enough

for making it available.

- Darlene Owen, WA

“I Never Get Tired”

I have been taking “Vitamin O” for one year now and I would hate to think about not taking it forever, as I am 76 years old and I need all the energy I can get. My two daughters can't get over the energy I have. I take 30 drops in the morning and 15 drops in the afternoon. I am busy all day and never get tired, thanks to “Vitamin O”.

- Margie Owings, Florida

“I Have More Energy”



I am a retiree working at a local elementary school in Food Service. I have been taking “Vitamin O” since March of this year. My allergies bothered me a lot in the spring, but “Vitamin O” helped me, and I have more energy, plus I have lost some weight. I take thirty or forty drops of “Vitamin O” every day. I told my stepson about it. He is a family man and a runner. Now he has been taking it for about two months.

- Sylvia Moore, North Carolina

“I Was Having Asthma Attacks Day and Night for a Long Time”

I am 80 years of age and have terrible lungs and was having asthma attacks day and night for a long time. I received some literature about “Vitamin O” about five months ago and I ordered four bottles and have been taking it since that time. Am I a believer? I swear I have not had even one attack since starting on it. I was on Theodurr and Albuterol inhalers. Three inhalers per month. Now I have almost forgotten about Theodurr and inhalers.

Just a few days ago I ordered six more bottles of “Vitamin O” and will share these with friends until they are as enthusiastic as I am about the product.

- ID, Louisiana.

“I'm Still Improving”

I have been suffering from low back pain due to spinal stenosis and arthritis. This was caused by my falling out the back door and I have had this trouble ever since. When I got a newsletter in the mail from this company telling about “Vitamin O” I got excited and decided I would try it. I am happy I did because it has helped me live with my pain. When I saw how much it eased my pain, I ordered some digestive enzymes. I'm still improving. Thanks to my God.

- WB, Georgia

“I've Had Pain for 35 Years”

I ordered “Vitamin O” sometime ago, but I didn't notice any immediate results, so I stopped taking it. Then I had a bad cold and was just about over it but felt ghastly, so I decided to try “Vitamin O” again. I have been taking a lot of vitamins and chondroitin, glucosamine, collagen, bromelain, and MSM for pain. I've had pain for 35 years and it was getting worse. I have arthritis and joint problems. I started with 10 drops of “Vitamin O”, then increased to 15 at the end of the day. I took it four times. It ended the pain. I haven't had it since. I now take it twice a day. Amazing! Today I worked in the garden all afternoon in the heat, with no ill effects.

- Betty Koon, Oregon, age 73

"I Have Lost the Tiredness"

Upon receiving "Vitamin O" I asked my cardiologist to read the information. He said, "I see no reason for not trying it."

I began using 20-30 drops as directed. At times when at work I have tired feelings. Then I take a dose of "Vitamin O" and in a short time I have lost the tiredness. So I am sold on its merits.

- Omar Kurtz, PA, age 87



"Miraculous Product"

I can't thank you enough for introducing me to "Vitamin O". This miraculous product has definitely improved my general sense of well being.

I am 74 years old and have arthritis in my legs so bad that I could hardly walk without a limp. There was about 4 months I couldn't drive myself to the grocery store. Thanks to "Vitamin O" after one week I could tell the difference in myself.

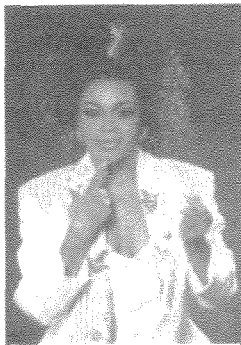
After three weeks I'm so grateful, I can walk without a limp. My three children and friends have watched this product at work in me and now they are wanting to buy it also. Thanks again.

- LM, Cullman, Alabama

"I am a Witness of What Vitamin O Will Do"

When I first started taking "Vitamin O" I was amazed at how my energy changed. I started getting up earlier and feeling stronger. I am a singer and while on the road it's sometimes rough. But my stage performance is 100% better. My energy is higher. I am now starting to take some of your other products, but I am a witness of what "Vitamin O" will do.

- Uanda Gunman, age 49



"No More Pain With Vitamin O"

My husband George, who is 96 years old, has clogged arteries in his legs. This has bothered him for several years. He could walk only about 100 feet, then stop, because of the severe pain in the muscles in his calves and thighs. After a few minutes rest he could walk another 100 feet or so.

Our doctor said this was happening because the muscles were not getting the oxygen they needed due to the clogged blood vessels. We tried many supplements, but nothing happened. When I read about stabilized oxygen, "Vitamin O" in a newsletter, I sent for it.

I gave my husband 18 drops in 7 ounces of bottled spring water, twice a day, before breakfast and a half-hour before dinner. It took three months to be effective. Now he can walk a half-mile, sit for 10 minutes to rest and then walk back home without pain.

My husband also has severe arthritis in the lower spine due to a bad fall on icy pavement four years ago. He no longer complains of the pain and he stands and walks straighter since taking "Vitamin O".

P.S. We have been married 72 years. (I am 87 years old.) We are both mentally alert and feel well. I believe this is due to a healthy diet, vitamins, minerals and food supplements for the last 19 years.

- Alvinia Irwin, NJ

"Keeps Me off The Breathing Machine"

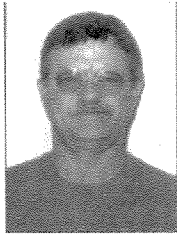
I use "Vitamin O" twice a day and it keeps me off the breathing machine. If I miss using it for a day or two then I realize how much it helps. Then I start wheezing and am more short breathered and can't do as much.

- William Blair age 68

"I Stopped the Inhalers and Breathing Machine"

I have used "Vitamin O" for approximately two years. I was on inhalers and a breathing machine. After using "Vitamin O" for a short time I stopped the inhalers and the breathing machine. I only had one cold this past winter. My overall health is much better. I still wheeze occasionally, but I only use "Vitamin O" once a day. I would hate to be without it. Thank you.

- BB, Missouri



"I Beat Them at Pole Top Rescue"

"Vitamin O" - what a product. Everything you need in one little bottle. It has really changed my life. I now have energy to keep up with all the young guys at work. And even beat them at pole top rescue. (I work for the electric company.) Thanks again for the *"Vitamin O"*. Keep up the good work.

- Jerry Holland, Colorado

"I Can Go Shopping Again!"

I took 10 drops of *"Vitamin O"* twice the first day it came and I woke up the next morning pain free for the first time in a few years. I am going to keep on taking it, as it is such a relief to be pain free. Now I can shop and do things my painful back and hips never let me do before. I actually spent a whole day Christmas shopping this year. And I was able to do things the next day.

- Evelyn Baker, age 65

"I Filled My Lungs With Air, Clear to the Top!"

I thank God that He gave people the intelligence to develop *"Vitamin O"*. I thank you for sending me the literature on it and making it available to me.

I am 70 years old and have tried many products with no perceivable benefits. I only have a small Social Security pension and it is difficult to buy all the nutrients I am told I should be taking.

I have been unable to take a deep breath for several years. I have practiced for some time forcing air into my lower lungs 20 times, then forcing it into my upper lungs 20 times, but I could not get it into both parts at the same time, and could not get the air into the very top of my lungs.

After taking *"Vitamin O"* for one month, I woke up the next morning and took a deep breath and filled my lungs with air, clear to the top! Now I practice taking deep breaths several times a day.

I hope my health will continue to improve as I continue to take *"Vitamin O"*.

- PD, Oregon

"I Did Not Want to Become Addicted to Inhalers"



I am a 63-year-old woman who has asthma. Because I did not want to become addicted to inhalers, I started looking for alternative methods. After quite a search I found some information about your company and about *"Vitamin O"*. I ordered one bottle and I began to notice that I had more energy and that I could breathe deeper. Now I am ordering two bottles at a time.

- OW, Tampa, FL

"The Old Pep and Energy of a Twenty Year Old"

I wouldn't be without *"Vitamin O"*! Both my husband and I are taking it. I've been taking it for approximately one year now and Bill (my husband) had not energy, was always tired and was practically falling asleep while driving. I started him on *"Vitamin O"* and five months later he has all the old pep and energy of a twenty year old. His voice is strong. No one will believe he is 85.

- Lucile S. Page., Nevada, age 86

"I Could Hardly Get Out of Bed"



I wish I had known about *"Vitamin O"* years ago. I started taking *"Vitamin O"* and your enzymes about three months ago. I am 86 years old. I could hardly get out of bed from back pain. I also had lots of pain in my right shoulder. It was so bad I couldn't raise my arm to comb my hair. I am much better now. I hope I'm always able to use these products. They are wonderful. I thank God my daughter told us about them.

- Yola Hubbard, California