

# Foods That Fight Internal INFLAMMATION

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# 5 FOODS THAT FIGHT INTERNAL INFLAMMATION

WARNING: This is an urgent health message that I hope will get to you—and your loved ones—in the nick of time.

Hi, my name is Dr. Matthew Roberson, and as a leading board-certified medical doctor in Coppell, Texas, I hope you will take me dead serious when I warn you that, chances are, right this very moment, you are suffering from a dangerous "Omega Imbalance" that is proliferating throughout virtually every cell of your entire body—a condition that, if left unattended, can lead to serious, debilitating, and even **life-threatening** health complications, including thickening, hardening, and narrowing of your arteries that ultimately leaves less room for precious, oxygen-rich, life-giving blood to push through your body's most critical blood vessels back to your heart.

What makes me say this? Well, like you, millions of folks all over the world are unknowingly creating this dangerous Omega Imbalance through the ingestion of certain processed foods (and even some seemingly "healthy foods") that are on the shelves of every single grocery store from sea to shining sea.

I'm talking about many types of common foods, such as mayonnaise, cooking oils (found in virtually every baked good and packaged food), non-organic meats, eggs, butter and other dairy products such as yogurt and cheese, farmed fish, fried foods, salad dressings (including 99.9% of salad dressings marketed as "healthy"), nuts, snack foods, peanut butter, and, of course, fast food and virtually all processed foods from a box, container, or jar—especially those that contain high fructose corn syrup. (More specifics on these foods and others momentarily.)

And here's the worst part, this Omega Imbalance has been proven, in dozens of peer-reviewed studies, to cause **TOXIC INFLAMMATION OVERLOAD** that infiltrates, disrupts, and eventually destroys virtually every cell in your body including the cells of your heart, brain, blood, joints, muscles, hormones, organs, and skin.<sup>1,2,3,4</sup>

Now, the best way to visualize what I'm talking about when I say "inflammation" is to imagine placing your left hand, palm down on a table top... and then visualize grabbing

a heavy 10 pound sledgehammer with your right hand and pummeling the left hand ten times as hard as you can. (Disclaimer: Don't try this at home.) Soon, your entire "hammered hand" would be red, massively swollen, hot, broken, bruised and bleeding... and the pain and suffering would be unbearable.

Now that's an extreme example of serious acute inflammation brought on by injury, and it's a critical part of your body's healing response because this type of inflammation brings in more nourishment and more immune activity to (hopefully) heal the injured area.

But imagine if this same "beating" was repeatedly done to literally every cell inside your body every minute of every hour of every day—for years or even decades. Only instead of being caused by temporary physical trauma like our sledgehammer example, this "chronic internal abuse" is being inflicted on the cells of your body by the modern-day diet—yes, the same diet that you and your family consume each and every day, even if you're choosing "healthy" foods!

Do you think your body would eventually start to break down with this chronic cellular beating day after day? Of course it would. Soon your heart would suffer as its arterial walls would begin to harden and thicken, making it more difficult for blood to pass through; your joints would start hurting and become less mobile; your skin and internal organs would start aging faster; your memory and focus would slip; your hormone levels would become unbalanced; and ill health would grow and spread within your body's cells.

It's true. Toxic Inflammation Overload is nothing to take lightly.

In fact, the prestigious medical journal Proceedings of the Nutrition Society has stated that Toxic Inflammation Overload and its related health concerns now sit atop all other causes of death and disability in the modern world.<sup>5</sup>

With that said, if you suffer from stiff and painful joints, mood swings, PMS, forgetfulness, **lack of mental focus,** skin problems including excessive dry skin, eczema or acne, fatigue, premature aging, sugar cravings, and/or an inability to lose weight, these symptoms are a near telltale sign that your body may already be overtaken by this Omega Imbalance and resulting Toxic Inflammation Overload that is causing your internal cells to become "hammered," battered and extremely dysfunctional.

You see, we created this consumer report because we want to make sure you never experience the advanced stages of Toxic Inflammation Overload and all of their horrendous side effects, but you have to promise me that you will read this entire report now, and take action immediately, before the pitfalls of Omega Imbalance claim you as their next unsuspecting victim.

Again, my name is Dr. Matthew Roberson, and to give you a little more background, I'm a leading board-certified medical doctor from Coppell, Texas. I have been in private practice for 13 years, and my focus is on patient-centered care and preventive medicine. I believe that the best outcomes are always available to each of us through healthy living and exercise. By taking a more holistic approach, I empower patients to truly engage in their health and medical well-being.



I share all of this with you because I want you to know, with **100% certainty,** that you are in very good hands and the information within this report comes from a very credible and reliable source.

By the way, as a quick side note, I want to additionally point out the little superscript numbers that will be appearing throughout this report like this.<sup>1, 2, 3</sup>

Each little number corresponds with a peer-reviewed medical research paper, so you can rest assured that the information I'm sharing is factual, credible information based on real research from top medical doctors and universities—definitely not just my opinion. So be on the lookout for those, as we'll share the full list of studies with you later in the document.

Furthermore, I want you to know that I take my profession—and the oath I took as a medical doctor—extremely seriously. After all, my patients' lives are literally in my hands on a daily basis.

Fact is, over the last decade and a half as a medical doctor, I've been privileged to help thousands of patients from all around the world **overcome** Toxic Inflammation Overload, become healthier, and regain control of their bodies and ultimately their lives.

And I'll show you how to do it, too, beginning with just a few short minutes a day.

You see, in this fast-paced, quick-read report I'm going to reveal to you my top 4 strategies to rid your body of this deadly Omega Imbalance and subsequent Toxic Inflammation Overload, including the EASIEST strategy of all that—believe it or not—works wonders in just 90 seconds or less each day. That's not even 2 minutes daily! Do you have less than 2 minutes daily to dedicate to your health and longevity? Of course you do.

In fact, you will be relieved when I show you how my patients perform this strategy just twice daily, almost without thinking, while still proving to be, over and over again, the **#1 solution** to correcting their Omega Imbalance and alleviating the negative symptoms associated with out-of-control inflammation...so be sure to keep reading until the very end.

What's more, I'll also share my 5 favorite inflammation-fighting foods that you can begin eating today along with what is undoubtedly the #1 WORST inflammation-promoting oil to cook with. You'll want to make sure to avoid this downright dangerous oil at all costs if you ever hope to balance your omegas for optimum health, less pain, and a more youthful appearance.

Furthermore, it's likely that you believe eating fish is a great way to balance your omegas and lower inflammation, right? Not so fast. In just a few minutes I'm going to reveal shocking details about 4 very common types of fish that you should literally NEVER eat due to incredibly high levels of contamination that can hammer your body's delicate cells with even more damaging inflammation. And while this health-derailing effect is the very last thing anyone would hope to accomplish by eating fish, the reality is that your good intentions may very well be sabotaging your health if you're unknowingly making the wrong choices when it comes to the seafood you eat... so be sure to pay close attention.

But before we get into those powerful health-restoring tips and strategies, I want you to know that I, too, have been on the other end of good health and understand exactly what you're going through, and exactly how you feel.

You see, while I've been helping patients overcome negative health issues and chronic

symptoms for more than 15 years, I was once on the other side of the coin, just like you may be today. I too know what it's like to suffer from the negative consequences of unbalanced omegas and Toxic Inflammation Overload, including all the symptoms I mentioned earlier like achy joints, premature aging of the skin (and less visible organs like the heart, kidneys, and liver), difficulty losing weight, feeling blue and moody, forgetfulness, and so much more.

And sadly, it's heartbreaking to say that I've been bedside, holding the hands of my dear patients as they took their last breath and lost the battle to serious illnesses that could have been prevented with proper nutrition and a healthy lifestyle... if only they'd have known earlier and acted more quickly.

I know firsthand, without a doubt, that when you're constantly feeling sick, tired, and stuck in a rut, it can do a number on your self-esteem and overall morale, and rather quickly.

In fact, you yourself may be feeling angry, frustrated, or alone. Perhaps the symptoms you're experiencing are ruining your relationships and taking a toll on your family. Maybe they're even affecting your career, like they did for me at one point in time. Your constant discomfort, stress, and fatigue can leave you feeling isolated. It can be a seemingly hopeless situation, and while I can personally relate, I want to let you know that it doesn't have to be this way... and there really is hope.

You see, as I mentioned before, the harsh reality is that the typical Western diet, and even many so-called "healthy" diet plans, contain far too many inflammation-promoting **Omega-6 fatty acids** and not nearly enough anti-inflammatory Omega-3 fatty acids. (An easy way to remember this is by imagining Omega-6 fatty acids as a burning camp fire... and Omega-3 fatty acids as the fire extinguisher that keeps the flames from spreading into a wild fire.)

In reality, the ideal dietary ratio of Omega-6 to Omega-3 fatty acids is 1:1, or an equal intake of Omega-3s compared to Omega-6s. Unfortunately, due to a vast array of lifestyle, environmental, and dietary factors, the Omega-6 to Omega-3 ratio of the typical American diet is an extremely unbalanced 25:1.6

**The result?** Toxic Inflammation Overload that spreads throughout your body, destroying your heart health, accelerating aging, and increasing joint pain. What's

more, Toxic Inflammation Overload has also been shown to disrupt your body's ability to burn fat, making it nearly impossible for you to realize the weight loss goals that you are working so hard to achieve.<sup>7</sup>

You see, ingestion of Omega-6 fatty acids stimulates the release of pro-inflammatory molecules called eicosanoids. When these inflammatory molecules are continually present due to daily excessive Omega-6 intake, they essentially act as a persistent slow-burning fire that wreaks havoc on your insides and causes damage to the healthy tissues of your body—damage to cardiac tissue and blood vessels (causing your arterial walls to thicken and your blood passageways to narrow), joint tissue, gut lining, endocrine glands, skin, and even brain tissue.<sup>8</sup> And if this weren't enough, too much Omega-6 in your diet also suppresses your immune system, making you much more susceptible to illness and disease.<sup>9</sup>

But as I mentioned earlier, there are 4 somewhat odd, but extremely effective strategies you can begin using today that will ultimately end your struggle with unbalanced omegas and Toxic Inflammation Overload once and for all, and finally allow you to get your health back, realize your full potential, an experience the excitement of living a life full of vibrance and vitality once again.

The first is to avoid cooking with polyunsaturated fatty acids such as vegetable oil, soybean oil, corn oil, sunflower oil, and the **#1 worst** oil EVER to cook with, canola oil. These 5 cooking oils are overloaded with inflammation-promoting Omega-6 fatty acids and can do a number on your omega balance, internal inflammation status, and ultimately your overall health.

Beyond that, polyunsaturated oils are highly unstable under heat, light, and pressure, all of which heavily oxidize these fragile oils, snowballing free radical production within your body and ultimately increasing inflammation within your body's cells, tissues and organs. Even worse, polyunsaturated fatty acids are easily transformed into health-derailing trans fats under high heat, and recent research conducted at the University of Florida found the trans-fat levels of commercial canola oil products to be a whopping 4.6%—the highest of all oils, making it officially the #1 worst oil to cook with.

The major issue with polyunsaturated fatty acids is that these inexpensive, common oils are used in just about everything, including salad dressings, baked goods, fried foods, and

the vast majority of packaged foods. They're even found in many "healthy" food items like protein bars, cereals, dried fruit, and nuts, so completely avoiding them is a tall order.

The next strategy is to avoid other foods high in Omega-6 fatty acids, including but not limited to non-organic beef, poultry, and pork, traditionally raised eggs from caged chickens, non-organic dairy products such as yogurt, milk, butter and cheese, farmed fish, peanut butter and again, most processed foods from a box, container or jar.

Although avoiding these foods at all times, in every instance, would have a profound impact on your Omega Imbalance and overall health, doing so virtually makes going out to eat impossible and even makes shopping at today's grocery stores increasingly difficult.

If this sounds too difficult or impractical, don't worry, we'll be sharing our scientifically-backed, 90-second "omega balancing" fix in just a moment.

Moving on to the next tip, another effective strategy to restore your omega balance and fight off inflammation is to increase your intake of inflammation-fighting Omega-3 fatty acids.<sup>10</sup>

Omega-3 fatty acids are found primarily in seafood and shellfish, however, in order to transition the extremely unbalanced 25:1 ratio of Omega-6 to Omega-3 fatty acids found in the typical American diet anywhere close to the ideal 1:1 ratio, you'd have to consume more than 4 pounds of shrimp, force down more than 26 cans of tuna, or consume 3.7 pounds of catfish every single day of the year. Even the most fatty fish like salmon or halibut would require eating pounds of each daily to get the necessary Omega-3 fatty acids to turn around your Omega Imbalance and Toxic Inflammation Overload issues.

We don't know about you, but none of those options seems practical or the least bit enjoyable to us, not to mention the heavy metal toxicity and purity issues that run rampant in today's fish supply.<sup>11</sup>

Not only that, but did you know that it's very likely that the fish you are buying is not the fish you are actually getting? That's right, much of the fish you buy in the grocery store or at restaurants has been substituted for a totally different, cheaper, and potentially dangerous fish somewhere along the line. This common "fraud" scam puts cash back in the manufacturers' pockets by outright lying to you as the consumer, ultimately selling

you a less expensive, potentially harmful fish that is intentionally mislabeled as a higher quality, more desirable fish... all while charging you top dollar as these unethical crooks laugh all the way to the bank.

In fact, a recent study conducted by the world's largest ocean conservation group, Oceana, discovered that nearly half of the fish being sold in America today has been deliberately mislabeled in this exact manner to increase manufacturer profits at your expense.<sup>12</sup>

Even worse, as exposed in this same study, the "cheaper", substituted species of fish used in this extremely common food scam are often riddled with contaminants, toxins and allergens that can have a profound, negative impact on your health.

Makes you downright angry, doesn't it? It sure does make my blood boil, too.

The most common fish subjected to "food fraud" are red snapper, wild salmon, grouper, and Atlantic cod, so you'll want to be especially careful when buying these types of fish. In fact, I go as far as recommending to my patients that they literally NEVER buy or eat these potentially contaminated species of fish unless they are buying from a local, trusted market where they actually see the fish coming off the boat. It really is that serious and widespread of an issue.

But what if I told you there is an even easier way to rebalance your omega ratio and fight off inflammation without having to choke down pounds upon pounds of seafood and shellfish daily, and without having to completely avoid the long list of Omega-6 containing foods either?

And what if I told you that you could take advantage of it, simply, in just under 90 seconds a day?

Is that something you might be interested in?

You see, you can actually supplement with **Omega-3 fatty acids,** and fact is, research is now suggesting that supplementing with these super fats every single day is even MORE important to your health than taking a daily multi-vitamin.

But here's something you may not know.

90% or more of the Omega-3 fatty acids contained in traditional fish oil supplements will go unabsorbed by your body's cells, having no positive impact on your health. 13,21

Yes, you heard that correctly, less than 10% of the Omega-3 fatty acids found in traditional fish oil supplements will be absorbed by your body's cells, while more than 90% are essentially worthless and will go completely wasted, unabsorbed.

**Let me ask you a question.** What if after buying a bottle of fish oil at your local supplement store, the cashier opened the bottle and threw 90% of the capsules in the trash before handing the bottle back to you? Well, if you're anything like me you'd probably be pretty darn upset and downright livid, but in reality, that's exactly what's going on behind the scenes in your body when you spend your hard-earned money on a bottle of traditional fish oil.

Allow me to explain.

First, most fish oil products that you find in the store are in the "ethyl ester" form, a result of the processing these products go through. Unfortunately, numerous research studies have shown that this cheaper ethyl ester form is 3 times less absorbable than the triglyceride (TG) form that is naturally found in wild fish.<sup>13</sup>

Beyond that, even with the natural TG form, many of the Omega-3s will be lost during the digestion process in the harsh acidic environment of the stomach, and only a small fraction of the oil you ingest will ever reach the small intestine to eventually be released in the blood stream and absorbed by your body's cells.

And to tell you the truth, this hugely problematic absorption issue is only one of a very LONG LIST of problems plaguing most fish oil supplements today.

Here are just a few others, all of which are enough to make you wonder if ANY fish oil supplement is actually worth taking, or even worse, safe to consume. (Fortunately, we'll show you a simple solution to each of these problems in just a moment, so hang tight).

1. The two most important types of Omega-3 fatty acids, providing the vast majority of

health benefits, are EPA and DHA. That said, nearly all traditional fish oil products are dramatically under-dosed, providing only a couple hundred milligrams of **EPA/DHA** per serving, while scientific studies show 10xs this amount is needed to see significant health benefits. This is especially true of krill oil supplements, which are even lower in EPA and DHA (despite the outlandish claims made by krill oil manufacturers which we will expose in just a moment). Of course, 1/10th of the true scientific dose is totally worthless—it's like trying to make a loaf of bread with a teaspoon of flour—and that's assuming these products meet label claims for the under-dosed amount in the first place, leading me to the next major problem:

- **2.** A comprehensive study performed by Dr. Opperman of the Department of Agriculture and Food Science found that more than half of the fish oil products on the market did not contain the amount of EPA and DHA stated on the label.<sup>15</sup>
- **3.** This same study by Dr. Opperman also discovered that the majority of fish oil products on the market had higher rancidity levels than vegetable oil from containers that had been open and exposed to the air for 3 months. **Not good!** You see, rancid oil is extremely inflammatory and will actually cause much more damage to your heart, skin, joints and overall health by taking it. In essence, by buying these products you are PAYING to put your health in danger!
- **4.** Another study performed by Consumer Lab—a leading watchdog of the supplement industry—examining 35 leading fish oil brands uncovered that 31.4% of the products examined contained excessive contaminants and/or false, misleading information and claims on their label.<sup>16</sup>
- **5.** Almost all fish oil products are EPA dominant, containing at least 50% more EPA than DHA, while there is an overwhelming amount of research to show that higher levels of DHA lead to the greatest health benefits, particularly with regard to heart heath, brain health, anti-aging properties, and even the fat loss effects of Omega-3 fatty acids.<sup>17-20</sup>

Given that fact, why do you think fish oil manufacturers aren't decreasing the amount of EPA in their products and increasing the DHA levels? Simple! It's expensive and as you've already learned, most nutritional supplement companies are notorious for cutting corners to fatten their wallets at your expense.

**6.** If you've ever taken a fish oil supplement, then you're probably all too familiar with the unpleasant nature of "**fish burps.**" This can be flat-out uncomfortable, not to mention the potential for embarrassment due to bad breath.

And again, ALL that is in addition to upwards of 90% of the fish oil that you ingest never being absorbed, and effectively being completely worthless. 13,21

Simply put, if you are taking a traditional fish oil supplement, you are being cheated out of your hard-earned money and even worse, it's very likely that you are putting both you and your family in danger at the same time.

So that's the terribly bad news about fish oil supplements, but don't lose hope just quite yet. You see, the good news is that very recently a number of scientific breakthroughs have been made to overcome these dangerous, negligent, and unethical pitfalls of traditional fish oil, giving a very select group of individuals access to a true solution to overcoming their Omega Imbalance and Toxic Inflammation Overload issues.

And to show you exactly what those cutting-edge, scientific breakthroughs are, along with how you, too, can easily get your hands on them today, I'd like to turn things over to my great friend and one of the top Registered Dietitians in the world, Shawn Wells.

Thanks, Dr. Roberson. Hi, this is Shawn Wells, and as Dr. Roberson just mentioned, I'm a top, medically-trained Registered Dietitian and nationally published nutrition author with more than 20 years of experience helping literally tens of thousands of ordinary individuals, as well as dozens of professional athletes, dramatically improve their omega balance and kick inflammation overload to the curb through sound nutrition and cutting-edge science.



As Dr. Roberson also shared with you, the fish oil industry is plagued with major purity, potency, and rancidity issues, as well as the fact that more than 90% of the Omega-3s contained in traditional fish oil supplements will never be absorbed, and are essentially worthless to you and your health.

Fortunately, several very unique, exciting solutions to these problems have been

recently developed, the first being patented **VESIsorb® Maximum Absorption Technology.** 

With regular fish oil, large fish oil triglyceride (TG) molecules must be broken down during the digestion process via bile from the gallbladder and digestive enzymes from the pancreas. These smaller molecules are then reassembled in the small intestine and from there are transported to the blood stream.

This "break down and reassemble" process is highly inefficient, and as a result, the vast majority of Omega-3 fatty acids are lost during digestion with fish oil, even in the natural TG form.<sup>21</sup>

With VESIsorb® technology, however, large fish oil molecules are pre-micronized and wrapped in a protective water soluble shell, allowing these much smaller molecules to skip the digestion process in the stomach altogether. Essentially, because VESIsorb® is not bile or enzyme-dependent, nearly 100% of the Omega-3s you ingest will be delivered directly to the small intestine and ultimately to your blood stream and the various cells of your body.

The end result is clinically-proven, dramatically-increased absorption, effectively delivering FIFTEEN TIMES more inflammation-fighting Omega-3 fatty acids to your body's inflamed cells than traditional "ethyl ester" fish oil supplements and 5 times increased absorption even over TG fish oil supplements.<sup>21</sup>

# Standard TG OMEGA-3 Product



Oil Drops Sitting On Water



Does Not Go Into Solution



Separation Of Components (No Emulsification)





Colloidal Droplet Formation



100% In Solution!



Completely Homogenous Colloidal Solution!

For visual evidence of this, just take a look at the following demonstration comparing a standard TG fish oil with a TG fish oil using VESIsorb® technology.

As you can see, the large oil drops of the standard TG fish oil product sit on top of the water and separate from the solution. To be absorbed, these drops would need to be further broken down via digestion, but again, most Omega-3s are unfortunately lost during the digestion process. On the other hand, the VESIsorb® droplets easily absorb into the solution without having to be further broken down, allowing for maximum bioavailability and absorption within the body.

Beyond that, by encapsulating the delicate fish oil in the VESIsorb® Matrix, they are protected from the harmful oxidation processes that take place with regular, unprotected fish oil capsules when exposed to light, heat, and oxygen, shipping, and storage.

We'll show you how to get your hands on this patented technology in just a moment so you can experience 15 times greater Omega-3 fatty acid absorption for yourself, along with the amazing health benefits that come with getting 1500% more of these inflammation scavengers into your body's cells—all while being 100% fresh and free from rancidity—all thanks to VESIsorb®.

But before I do that, I'd like to tell you about the other cutting-edge scientific breakthrough I previously alluded to—one that ensures your fish oil is 100% pure and free of all contaminants while providing several other unique benefits to boot.

I'm talking about a new patented process called **Super Critical CO2 Extraction** that removes ALL possible contaminants as it extracts the oil from its source. Not only that, but this process is also performed at low temperatures to protect and preserve the natural state of these delicate oils—further protection from rancidity.<sup>22</sup>

What's more, Super Critical CO2 Extraction allows for **super concentrated levels of EPA** and **DHA per capsule** (allowing you to take far fewer capsules while reaping the same benefits) and even allows manufacturers to customize the ratio of EPA and DHA in their products. While certainly not cheap, this new technology now makes it possible to have much higher DHA levels than what is possible with traditional fish oil products, and again, research clearly shows that DHA is the king of Omega-3 fatty acids, much more important and critical to your health than EPA is.<sup>23</sup>

Essentially, with the development of these two scientific breakthroughs, it is now possible to develop an extremely concentrated fish oil product that is nearly 100% absorbable, **100% pure** and free from contaminants and rancidity, all while delivering more health-boosting DHA per capsule than any other fish oil product available previously. And fortunately, that's exactly the type of product I recently had the pleasure of developing for a nutrition company that is genuinely committed to doing EVERYTHING they put their name and logo on, in true, world-class fashion.

You see, in addition to being a Registered Dietitian, I've also been researching and formulating all-natural dietary supplements to help people live better, fitter, healthier lives for more than 20 years, and it wasn't too long ago when my good friends and fellow nutritionists Josh Bezoni and Joel Marion contacted me to put together an optimal Omega-balancing supplement for their clients based on some of the cutting-edge research I had been doing on Omega-3 fatty acids and the aforementioned scientific, technological breakthroughs.

What impresses me most about Joel, Josh, and their co-owned company BioTrust Nutrition is their commitment to the quality, potency, and purity of their products and their untiring dedication to each and every one of their clients.

In fact, I believe in BioTrust and what they're doing so much that I now sit at the top of their Scientific Advisory Board as their Chief Scientific Officer.

This wasn't a decision I made lightly. Fact is, I'm an extremely well-respected formulator in the nutrition field who has worked with countless Olympic and professional athletes, along with hundreds of thousands of ordinary people looking to shed fat and get healthy, and I'd never put my name and reputation on the line for a company I didn't fully believe in and trust.

I'll be talking a lot more about what makes BioTrust different as we discuss all the things that set BioTrust's new breakthrough Omega-3 formula, OmegaKrill 5X™, head and shoulders above literally every other fish oil product on the market.

First, as the name suggests, OmegaKrill 5X is a combination of a highly concentrated, extremely potent EPA/DHA fish oil along with a healthy dose of 100% Pure Antarctic Krill Oil (both wild harvested and in a certified sustainable manner).

So you may be wondering, "Why both fish oil AND krill oil in one product?" and the answer is simple.

While you may have heard krill oil manufactures state that krill is 40 times more potent than fish oil, they're intentionally only telling you part of the story. While krill does indeed contain 40xs more antioxidants than fish oil through the extremely potent antioxidant, astaxanthin, that is inherent to krill, people take fish oil for the Omega-3 fatty acids, not the antioxidants.

In reality, krill oil supplements often contain much lower levels of EPA and DHA than fish oil supplements, delivering a level of each that is far below the scientifically effective dose. So if you're using a krill oil supplement for the Omega-3 benefits, I'm afraid you're truly wasting your money.

To compensate for this, we combined the extremely potent antioxidant and anti-aging properties of krill oil with EPA/DHA levels that can only be obtained from Super Critical CO2 extracted fish oil, effectively giving you TWO products in one and delivering to you the highest levels of both EPA/DHA and astaxanthin contained in any single product made to date.

But of course, we didn't stop there. In fact, there are so many unique benefits to BioTrust OmegaKrill 5X, and so many ways that we've gone above and beyond to deliver only the best to you and your health with this product, that the easiest way for me to show you is to just list them all out.

- **1. OmegaKrill 5X uses the TG form of fish oil**—the same form that naturally occurs in fish—and not the cheap ethyl ester form that the majority of traditional fish oil products use. This immediately increases absorption by 300% over traditional products.<sup>13</sup>
- **2.** As you can probably guess, **OmegaKrill 5X uses patented VESIsorb**® **Maximum Absorption Technology** to increase its bioavailability and absorption 5 times over even TG form fish oil and 15 times more than ethyl ester fish oil supplements.<sup>21</sup> If your fish oil product does not contain VESIsorb® on its list of ingredients, you're throwing 80 95% of the oil in the trash, even if it's TG fish oil. And of course, unabsorbed Omega-3s are totally worthless and provide ZERO health benefit.

**3. Because of Super Critical CO2 Extraction,** BioTrust was able to choose a whopping 1:5 ratio of EPA to DHA for maximum health benefits, which we'll get to in just a moment. I say "choose" because even when using Super Critical CO2 Extraction, other manufacturers choose to leave their products with more EPA than DHA because it's much less expensive to do so.

Still, there is absolutely no doubt that research clearly shows DHA to be the king of Omega-3 fatty acids, providing all the health benefits of EPA and many more exclusive to DHA, including greater bone density, greater eye health, greater belly-fat burning, greater release of fat-burning hormones, and greater brain and cognitive health. In fact, DHA is the predominant Omega-3 fatty acid found in the brain, representing 97% of all fatty acids in the brain.

Beyond that, DHA has been shown through research to have a profound effect on heart health through its cholesterol and triglyceride-lowering abilities, while EPA has been shown to have little effect on these health markers.<sup>24,25</sup>

And if that wasn't enough, another study conducted by Dr. Palombo of Harvard Medical School, and published in the renowned journal Critical Medical Care, discovered that excess EPA in the diet impaired immune function and the body's ability to fight off harmful bacteria. STILL, even with such overwhelming evidence for more DHA and less EPA, nearly all fish oil supplements are EPA dominant.

Well, not ours.

In fact, BioTrust OmegaKrill 5X contains the equivalent of 50 TIMES more DHA per serving than traditional fish oil to give you more of what science clearly shows is best.

To put that in perspective, to get this level of DHA from traditional fish oil you'd have to take 50 large capsules per day, which would cost you a whopping \$339.65 per month (not to mention the pain, discomfort, and inconvenience of having to gag down 50 capsules daily), and that still wouldn't give you ANY of the antioxidant, anti-aging benefits of krill oil, so you'd have to buy a krill oil supplement on top of that, bringing your monthly investment to nearly \$400!

Instead, you'll get even MORE health benefits, and much greater convenience, from just

3 small capsules of BioTrust OmegaKrill 5X daily, and even better, at monthly price tag FAR less expensive.

- **4. OmegaKrill 5X uses the Scientific Dose™ of Omega-3 fatty acids,** providing the equivalent of more than 2000mg of EPA/DHA daily, which is the amount research shows to be effective for combatting inflammation and providing the vast array of additional health benefits that Omega-3s are able to provide. Most other fish oil and krill oil supplements only provide a couple hundred milligrams of EPA/DHA per serving, or ten times less than the true Scientific Dose™. It's worth repeating, 1/10th of the scientific dose is totally, completely worthless.
- **5. The purity of OmegaKrill 5X is second to none.** First, we only source our oil from fish that are wild-harvested in a sustainable manner from the crystal clear waters off the coast of Peru and krill that is wild-harvested, certified 100% sustainable, from the cleanest ocean waters on earth—the Antarctic Ocean. This in itself ensures the lowest achievable levels of contaminants in our raw oils while being sourced in the most eco-friendly manner possible, and then low-temperature Super Critical CO2 Extraction further removes any and ALL potential contaminants, ensuring a totally pure and clean final product.

As mentioned, purity issues run rampant in today's fish and fish oil supply, but you won't have to worry about that whatsoever with OmegaKrill 5X.

**6. OmegaKrill 5X is the only product to contain a quadruple layer of protection** against rancidity, making it virtually impossible for the product to oxidize and go rancid. First, as mentioned, it's low-temperature processed. Second, the delicate oils are encased by the protective VESIsorb® matrix, further protecting them against the effects of heat, light, and oxygen. Third, the capsules are opaque to provide yet another layer of protection from light. And fourth, the most powerful antioxidant around, astaxanthin, makes oxidation nearly impossible, guaranteeing that OmegaKrill 5X is delivered to the longing cells of your body fresh and pure, each and every time.

Most other fish oil products can't even claim one of these protective layers from rancidity, and remember, consuming rancid oil can and actually will damage your health. Buyer beware!

- **7. NO Fish Burps!** Because VESIsorb® technology allows the oils in OmegaKrill 5X to bypass digestion in the stomach, fish burps are not only unlikely, they're impossible.
- **8.** The oils used in OmegaKrill 5X are of pharmaceutical grade and are produced in the most advanced pharmaceutical facility in the world under the guidelines of European Pharmacopeia and the Global Organization for EPA and DHA (GOED). These are the most strict standards of any organizations globally, and the highest standards of any manufacturer in the industry.

Simply put, with research suggesting that Omega-3 supplementation is even more important to your health than taking a daily multi-vitamin, and the fact that an imbalanced Omega-3 to Omega-6 ratio and the Toxic Inflammation Overload it causes have been linked to so many devastating health concerns, we truly believe EVERYONE should be taking an Omega-3 supplement daily, ongoing, to continually fight against the omega-unbalancing food and environmental factors that we are constantly exposed to every single day.

But as we've clearly shown in this report, not just any Omega-3 product will do, and that's why we developed OmeagKrill 5X™. Through patented VESIsorb® Maximum Absorption Technology and Super Critical CO2 Extraction, OmegaKrill 5X is able to deliver up to FIFTEEN TIMES more Omega-3 fatty acids to the inflamed cells of your body, when compared to traditional fish oil products where 90% of the most critical active ingredients will never be absorbed, rendering these products completely worthless.

And with the calculated addition of a 1:5 ratio of EPA to DHA to give you **50 times more DHA** than traditional fish oil products, AND the strategic inclusion of krill oil for its powerful astaxanthin antioxidant properties, there really is no comparison. OmegaKrill 5X is easily the #1 Omega-3 supplement on the market.

I'd also like to point out that OmegaKrill 5X is **100% all-natural** and contains no artificial flavors, colors, preservatives, or stimulants. It's also free of eggs, dairy, tree nuts, peanuts, and soy, and it's even approved for gluten-free dieters as it contains no wheat or gluten-containing particles of any kind. It really is the best of the best—we've spared no expense.

And truthfully, OmegaKrill 5X couldn't be any easier to benefit from: just take 3 small

capsules daily, at any time (even without food), and let **science** do the rest.

Now before I show you how you can get OmegaKrill 5X for yourself today at a sizable discount, I want make sure you're aware of the devastating cost of continuing to do nothing about your Omega Imbalance and Toxic Inflammation Overload.

First, it doesn't get better... it gets a lot worse.

While stiff and painful joints, mood swings, PMS, forgetfulness, lack of mental focus, skin problems including excessive dry skin, eczema or acne, fatigue, premature aging, sugar cravings, and/or an inability to lose weight are among the "early stage" symptoms associated with Toxic Inflammation Overload, these symptoms can't compare to the havoc and devastation that more advanced symptoms can wreak on your entire life, and your family.

After all, Toxic Inflammation Overload is being recognized by the scientific and medical community as the major contributor to nearly all leading causes of death and disability in modern world today<sup>5</sup>... we'd hate to see you bedridden or wheelchair-bound, or even worse, your name on a gravestone... all because you failed to act more swiftly while you still had time.

Beyond that, while we've covered at length just how devastating Omega-6 toxicity and Toxic Inflammation Overload can be to your health, think about the dramatic impact it can have on your finances and your bank account, between the increased medical bills, heightened insurance premiums, costly prescription medicines, and missed time at work.

Are those costs that you are willing to pay? Let me be the first to tell you that your health, longevity, and quality of life are NOT worth sacrificing for something that can be so easily corrected.

And that's why we created OmegaKrill 5X—to give you what is truly the easiest, most simplistic, most effective solution available to one of the most destructive health problems today.

At this point, you're probably wondering how you can obtain OmegaKrill 5X for yourself, along with the price for such a breakthrough, quality formula...both great questions. Because we only use the finest, purest, wild-harvested fish and krill oils in the world,

along with the true, Scientific Dose™ of Omega-3 fatty acids, particularly DHA, combined with the cost of patented VESIsorb® Maximum Absorption Technology and Super Critical CO2 Extraction, pharmaceutical grade manufacturing, and the additional voluntary expense of FDA-accredited 3rd party quality assurance testing, the cost to produce OmegaKrill 5X is 400% to 500% higher than many of the low-quality, ineffective fish oil supplements available on the market today.

Even more, and this is vitally important, OmegaKrill 5X actually delivers what the label states—nearly 100% of the Omega-3s delivered directly and safely to the inflamed cells of your body—unlike traditional fish oil products where more than 90% of the claimed EPA and DHA will go unabsorbed.

Simply put, unabsorbed Omega-3 fatty acids don't and can't work, and as mentioned earlier, not only are these products a complete waste of your time and hard-earned money, but much more importantly they are robbing you of the critically important health benefits of EPA and DHA while continuing to leave your body in an endangered state.

Instead, with OmegaKrill 5X we **guarantee** you will receive and benefit from usable, absorbable, highly bioavailable Omega-3s—the equivalent of 50 times more DHA per serving when compared to traditional products—and then we take things a step further by backing that promise with an unheard of 1-YEAR Unconditional Money-Back Guarantee.

**I want you to do me a favor:** Think about all the money you've spent, and all the valuable time and resources you've wasted over the years, on Omega-3 and fish oil supplements that did nothing but rip you off, with statistics showing that a good portion of those were rancid, actually causing further harm to your body, organs, and overall health.

Now, how much would something that actually works—a **true solution** that is guaranteed potent, pure, safe, and effective—be worth to you?

\$1000?

\$500?

Heck, I'm sure the amount you've already spent trying to get your health in order,

including the money you've wasted on bogus products, goes above and beyond those figures several times over... and without much, if anything, in the way of positive results to show for it.

And while we are guaranteeing your results with BioTrust OmegaKrill 5X, obtaining access to this true Omega Imbalance and health-restoring solution isn't going to cost you \$1000 or \$500. In fact, it's not \$400, \$300, or even \$200, although I'm sure you'd agree that finally ridding yourself of the negative side effects and health consequences of your Omega Imbalance and resulting inflammation, once and for all, would be completely worth that price.

Instead, the price you'll pay today for a 30-day supply of OmegaKrill 5X is just \$97.

But you know what? Joel, Josh, Dr. Roberson and I want to make this even better for you. Because you showed us, and yourself, that you are committed to your body and your health, or you wouldn't have read this entire report, if you order right now we're going to reward you with a 30-day supply of OmegaKrill 5X for just \$49... and here's the best part: when you choose to invest in our most popular 90-day supply package, or our "best deal" 180-day supply package, we're going to **give you an additional, sizable discount** on top of today's already reduced price.

And don't forget, you would need to take upwards of 50 standard fish oil capsules each day, along with separate krill oil, and spend nearly \$400 a month to get the same benefits delivered in each bottle of OmegaKrill 5X—and that still wouldn't save you from all the purity and mislabeling issues that are so problematic in fish oil supplements today.

That said, we're only able to guarantee this price until our current inventory runs out, as the price for the premium raw ingredients contained in OmegaKrill 5X—including patented VESIsorb® technology—is constantly changing, causing our pricing to be stringently re-evaluated with each subsequent production run... another reason why stocking up today is a smart option.

And by the way, that's not marketing hype; that's the cold, hard, honest truth.

It's also important to know that you cannot buy OmegaKrill 5X cheaper at any other web site and it's not sold in stores. We guarantee the lowest price available by

eliminating all the middlemen, and shipping direct to you straight from our state-of-theart fulfillment center.

So, provided OmegaKrill 5X is still in stock, you should see a table appear at the link below with 3 money-saving options for you to choose from. If you don't see it, that means we've temporarily sold out, in which case you can contact our customer service department and they'll be happy to add you to our back-order notification list.

### ==> Secure Your Discounted Order of OmegaKrill 5X Now!

If you do see those 3 options below, however, make sure to secure your order today while we still have availability and are able to offer the current pricing.

Here's exactly what to do:

For fastest service, simply choose your money-saving package at the link above and then click the yellow "Add to Cart" button to reserve your discounted order of OmegaKrill 5X and proceed to our 256-bit secure order page. And don't worry; your order information is 100% safe and secure. We use the same online security system as trusted companies like Amazon.com.

And what's more, when you choose to invest in OmegaKrill 5X today, we're also going to include a FREE downloadable copy of our consumer report "The 30 BEST and WORST Inflammation-Fighting Foods," giving you the inside scoop on all the worst inflammation-causing foods to avoid and best inflammation-reducing foods to consume, to ensure you get the best results from your use of OmegaKrill 5X. This is another \$29.95 value, but we're including it with your purchase today at no additional cost.

And if that wasn't enough, you'll also receive FREE unlimited email support with our trained health & nutrition experts to **make certain** that every aspect of your health transformation is fully supported...just one more way we assure your success at BioTrust with our industry-leading customer service team.

### ==> Secure Your Discounted Order of OmegaKrill 5X Now!

Now, as you can probably tell, at BioTrust we do things a LOT differently than the

majority of companies in the nutritional supplement industry. You see, instead of our wallets, our number one priority is you, your results, and making sure you are taken great care of, which is why I want to take a moment to reiterate our guarantee to you:

If you use OmegaKrill 5X, you will get results, or your money back. We know it works, and so do the thousands of happy OmegaKrill 5X customers worldwide. After all, the ingredients we've included in OmegaKrill 5X are clinically proven to help rebalance your Omega-3 to Omega-6 ratio, reduce your internal inflammation, work wonders for your heart and overall health, and put you back in control of your life, well-being, and overall vitality.

At the same time, as a first-time OmegaKrill 5X user, you have yet to experience those results and we understand that you may still be a little skeptical. Fact is, you work hard for every penny you earn and you **deserve** to know your purchase is fully protected—and it is—by our industry-best **1-Year Unconditional Money Back Guarantee.** 

Simply put, that means you can try OmegaKrill 5X today, and if at any point over the next 365 days you feel OmegaKrill 5X isn't for you, for any reason whatsoever, you can get a prompt, courteous, unconditional refund of even empty bottles by contacting our customer support at 1-800-766-5086, or by emailing <a href="mailto:support@biotrust.com">support@biotrust.com</a>, or by using the quick contact form on our website. And if you didn't jot that down, don't worry; our contact information will be on your receipt and we're very easy to get a hold of.

### ==> Secure Your Discounted Order of OmegaKrill 5X Now!

Well, here we are. You're now standing at a fork in the road, staring down two possible paths to choose from.

On one side is a road that leads to more disappointment, frustration, and further health risk as your Omega Imbalance continues to spin out of control, firmly grabbing hold of every aspect of your life.

As you travel this road, the symptoms you are currently experiencing become even more pronounced, while at the same time opening you up to more advanced, much more severe health consequences as Toxic Inflammation Overload continues to expand and multiply throughout the cells of your body, spreading its health-derailing effects throughout your

blood vessels, heart, brain, kidneys, liver, and your body's most critical organs. Chronic sickness, fatigue, skin disorders, continued weight gain...a life of pain and discomfort, void of all vitality and enjoyment, and one that crushes even the most vigorous spirit.

But it doesn't have to be this way. You see, there lies that other road... a road where you are in total control of your body, your health, and ultimately your life's destiny, knowing that the smooth, firm ground you walk on has been paved by the hundreds of hours of research we've already done on your behalf.

On this road, your health is restored, and enhanced...your life is full of vigor, free of discomfort and distress, and overflowing with energy—energy to spend on your family, your kids, and your most cherished relationships.

It's the only road that allows you to experience all the things you love most in life, the way they're supposed to be enjoyed—at their full potential—with you at your full potential, embracing every breath you take and every day you're blessed with, with open arms.

As a dietitian who has dedicated my life to helping others, it is my genuine hope that this path is the direction you choose and experience, and I know it's the path that you also desire for yourself.

So now's your chance, your one opportunity to forgo your past and get started today toward a new, bright future where you're once again in the driver's seat, taking full control of your health, your body, and your life.

I speak for Josh, Joel, Dr. Roberson, and the entire BioTrust Team when I say that we couldn't be more excited to work with you and help you along the new path that you are choosing today. We're incredibly proud of you, and we want you to know that we'll be here for you, with you, every step of the way.

So make it a great day. Select your money-saving package below and then click the Add to Cart button to secure your discounted purchase of BioTrust OmegaKrill 5X and get started toward your new future, right now.

==> Secure Your Discounted Order of OmegaKrill 5X Now!

## FREQUENTLY ASKED QUESTIONS

### Q: How many bottles should I order?

A: With research suggesting that Omega-3 supplementation is even more important to your health than taking a daily multi-vitamin, and the fact that an imbalanced Omega-3 to Omega-6 ratio, and the Toxic Inflammation Overload it causes, have been linked to so many devastating health concerns, we truly believe EVERYONE should be taking a pure, potent, highly absorbable Omega-3 fatty acid supplement daily, ongoing, to continually fight against the omega-unbalancing food and environmental factors that we are constantly exposed to every single day.



With that said, it is best to stock up and **save more** today with our special three- and six-bottle discounted packages in order to restore and maintain a Healthy Omega Balance while avoiding the negative consequences associated with Toxic Inflammation Overload. You can always return even empty bottles for a full refund for up to 1 YEAR if you later decide OmegaKrill 5X isn't right for you. Additionally, these packages allow you to take advantage of our lowest possible prices today, without the worry of increasing prices and/ or additional shipping fees later.

# Q: What specifically makes OmegaKrill 5X the best Omega-3 fatty acid supplement in the industry?

**A:** Simply put, through patented VESIsorb® Maximum Absorption Technology and Super *Critical CO2 Extraction*, OmegaKrill 5X is able to deliver up to 5 times more Omega-3 fatty acids to the inflamed cells of your body than even TG form fish oil, and FIFTEEN times more than ethyl ester fish oil supplements, where 80 - 95% of the most critical active ingredients will never be absorbed.

Beyond that, with the calculated addition of a 1:5 ratio of EPA to DHA to give you 50 times

more DHA than traditional fish oil products, AND the strategic inclusion of krill oil for its powerful astaxanthin antioxidant properties, there really is no comparison. OmegaKrill 5X is easily the #1 Omega-3 supplement on the market.

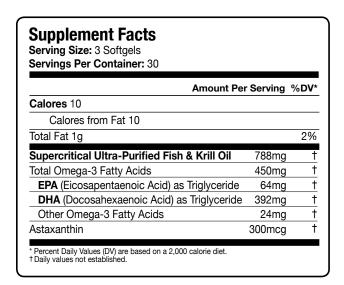
Still, in addition to that, OmegaKrill 5X:

- **1.** Provides the research-proven Scientific Dose<sup>™</sup> of Omega-3 fatty acids daily (most traditional products barely contain 1/10th of the scientific dose)
- **2.** Is 100% certified sustainably-sourced from cleanest ocean waters in the world, ensuring environmental responsibility in addition to its top-rated purity
- **3.** Is the only product to contain a quadruple layer of protection against rancidity (low-temperature processed, opaque capsules to protect from light, encased by the protective VESIsorb® matrix, and fortified with potent astaxanthin antioxidants)
- **4.** Is comprised exclusively of pharmaceutical grade oils and is produced in the most advanced pharmaceutical facility in the world
- **5.** Is 100% all-natural with no artificial additives, colors, flavors, preservatives, or sweeteners
- **6.** Leaves NO chance for fish burps due as VESIsorb® allows the oils to bypass digestion in the stomach
- 7. Is backed by 3rd-party quality assurance testing and an unheard of 1-YEAR Unconditional Money-back Guarantee

==> Secure Your Discounted Order of OmegaKrill 5X Now!

### Q: What are the ingredients and amounts used in the formula?

### OmegaKrill 5X Supplement Facts



Other Ingredients: Gelatin, glycerine, sorbitol, purified water, capsule color (annatto and titanium dioxide), VESIsorb® Absorption Enhancement Matrix (MCT oil, nonionic surfactant, polyglycerol acid esters), and natural orange citrus oil.

Supercritical Purified Fish Oil from Anchovy. Contains: Shellfish (Krill).

**Purity Guarantee:** Independent laboratory testing ensures potency and purity.

### Q: How do I use this product?

A: Simply take 3 small capsules daily, with our without food.

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### Q: Is it ok to take this supplement long term?

**A:** Yes, absolutely, and that is what is recommended. As mentioned, Omega-3 fatty acids play a vital role in cardiovascular health, nervous system function, brain development, immune system function, cell structure, body composition, and metabolism. We truly believe that EVERYONE should be taking an Omega-3 supplement daily, ongoing, to continually fight against inflammation, optimize body composition, and support optimal overall health and vitality.

Q: Does this product contain caffeine or any other stimulants?

A: No. OmegaKrill 5X is completely caffeine- and stimulant-free.

Q: Are there any allergy concerns with this product?

**A:** Like every BioTrust product, OmegaKrill 5X is 100% all-natural. It is completely free of gluten, dairy, wheat, soy, egg, tree nuts, and peanuts. It also contains NO sugar and NO artificial sweeteners, flavors, colors or preservatives. OmegaKrill 5X is 100% gluten-free and contains no GMO ingredients. OmegaKrill 5X contains fish and shellfish (krill). If you have any concerns you should consult your physicians before taking any supplement.

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Q: If I have a medical condition, can I take this product?

**A:** OmegaKrill 5X is an all-natural formula that is considered safe and extremely effective for nearly everyone. However, if you take prescription medications or have a medical condition, we recommend that you show a bottle of OmegaKrill 5X to your physician and/ or pharmacist for proper approval. You can always return it later with our industry best 1 YEAR Money Back Guarantee.

Q: How will this product be shipped to me and how quickly?

**A:** We will ship your order directly to your home or office using USPS, and you will have it within 5 to 7 business days. Rush shipping is available.

Q: Will anything else be sent to me, or billed to me, after I order?

**A:** No. This is NOT an auto-ship program. You only get shipped what you order today and nothing more.

### ==> Secure Your Discounted Order of OmegaKrill 5X Now!

Q: How will this product be shipped to me and how quickly?

We will ship your order directly to your home or office using a premium carrier such as UPS or Fed Ex and you will have it within 5 to 7 business days. Rush shipping is available.

### Q: Will anything else be sent to me, or billed to me, after I order?

No. This is NOT an auto-ship program. You only get shipped what you order today and nothing more.

### Q: Is it safe to order online from your web site?

**A:** Yes. We use a 256-bit secure ordering server so you are protected the same as if you were ordering from Amazon.com or any other trusted Web site.

### ==> Secure Your Discounted Order of OmegaKrill 5X Now!

### Q: How long will the sale last?

**A:** We are unable to guarantee today's pricing beyond today. Our pricing often fluctuates due to the constantly changing prices of the high-quality, pharmaceutical grade ingredients used in OmegaKrill 5X, along with the varying cost of patented manufacturing and the VESIsorb® delivery enhancement system. To guarantee our lowest pricing, be sure to secure your order today.

### Q: What if this product doesn't work for me?

**A:** While OmegaKrill 5X was created to work, if for any reason at all you are unsatisfied with your purchase, just let us know and we will refund even empty bottles without question. You're always protected by our industry best 1 YEAR Money Back Guarantee.

### ==> Secure Your Discounted Order of OmegaKrill 5X Now!

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