



Changes in My Energy Level, Weight and Lab Results Since Starting Vemma

My name is Don Carrel, and I was infected with HIV in 1981. I began taking Vemma on 9/05/07. The first thing I noticed, and the change I'm the most thrilled about, is that I've had a very substantial increase in my energy level. I have suffered from HIV-related fatigue ever since I had pneumonia in 1995. Starting about 2-3pm every afternoon, I literally felt like someone had "unplugged" me, and I needed to take a nap almost daily. Within 10 days of starting Vemma, I was no longer running out of steam mid-afternoon, and my need for a nap ended.

The CD by Dr. John Edwards mentions that many of the health improvements from taking mangosteen and minerals, key ingredients of Vemma can be documented by actual lab results. I'm in several research studies at the National Institutes of Health and go there frequently for lab work. I was at NIH to have a complete set of labs drawn on 8/28/07 (one week before I started taking Vemma). I returned for another set of labs a month later (9/24/07 - three weeks after I started Vemma), and again on 10/26/07 (seven weeks after I started Vemma).

After looking over my labs from 10/26, two different doctors at NIH asked me, "***What have you been doing differently the last six weeks?***" Both of them were shocked at the improvement in my lab results. Here are some of the changes since I started Vemma:

- My triglycerides have gone down from 292 down to 201
- My HDL (good cholesterol) is up from 25 to 42 - a huge improvement
- My cholesterol is down from 234 to 217

Note: Two weeks before starting Vemma, my lipid doctor took me off two cholesterol drugs (Crestor & Tricor) because my liver was suffering from processing both of these drugs in addition to all my HIV medications. The doctor left me on Omacor (prescription fish oil) and one cholesterol drug (Zetia). He told me to expect an increase in my cholesterol and triglycerides since I was stopping two of my three cholesterol medications. However, instead of going up, both actually decreased after I started Vemma.

Note: My lipids have continued to improve as of 2/18/08 my cholesterol is down another 27 points to 193 (a decrease of 41 since starting Vemma.) My triglycerides are down another 60 points to 147 (a decrease of 145.)

- My hemoglobin is up from 11.4 to 13.1 **(13.6 on 2/18/08)**
- My Creatine level is down from 827 to 257 **(152 on 2/18/08)**
- Glucose down from 105 to 99
- My Blood Pressure is down from 125/75 to 100/60

Note: Prior to taking Vemma, I was on 3 blood pressure medications. After I started taking Vemma, my blood pressure went down significantly and my

physician had me stop taking one blood pressure medication, and cut the dose of another in half.

- Alanine Aminotransferase down from 171 to 94
- Bilirubin Total down from 1.5 to .9
- Aspartate down from 157 to 66
- Lactate Dehydrogenase down from 234 to 186
- My PSA is down from .78 to .32

One of the studies I'm in at the National Institutes of Health looks at liver damage suffered by most people who have been on HIV medication for a number of years. My liver function tests have been significantly higher than normal for a number of years. Since starting Vemma, there have been drastic improvements in my liver function labs. In just seven weeks, most of my liver function tests went from the "high" to "normal." range.

These are some of my lab results from recent labs taken at the National Institutes of Health. Glancing at the complete list of my results, it's clear there is a great deal of improvement in many areas, and at least minor improvement in practically everything tested.

In addition to the improvement in my labs, I've also lost my urge to eat between meals and find myself eating less food at mealtime. Because of my increase in energy, and the fact I'm consuming less food, I've lost about 15 pounds in the last two months. ☺

Another change I've noticed is that I'm no longer suffering from daily low-back pain. For years, I've suffered from low-back pain caused by several damaged disks. Mangosteen has extremely high anti-inflammatory properties and inflammation is a major cause of pain (arthritis, back pain, aching joints and just feeling "old and stiff"). Vemma has apparently reduced the inflammation in my back, and as a result it's now been weeks since I've experienced any pain.

All I can say is, "HAVE YOU HAD YOUR SHOT OF VEMMA TODAY?"

Don Carrel :-)

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, prevent, or cure any disease.