

Advancing Health

A Physician Examines delta-E

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The Amazing Benefits of delta-E

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One of my middle-aged patients was experiencing serious fatigue due

to a career that involved long hours of driving. He consumed too much coffee and sugar and began to gain weight. I suggested he try *delta-E* instead. His five-cup-a-day coffee habit (with lots of sugar and cream) became two packets of *delta-E* a day. Now he simply won't be without it. *Delta-E* has given him sustained energy and focus for driving and he has lost weight as well. I have seen a dramatic improvement in his health and quality of life.

One seventeen-year-old senior getting ready for college had been on medication for ADD for years. He and his parents came to me concerned about his ability to concentrate on his studies. I offered him *delta-E* on a trial basis. He has since cut way back on the prescription drugs. He can now focus without the side effects. I have also observed that he is eating better and is not irritable or having wild mood swings. *Delta-E* has helped this young adult make great progress toward preparing for college.

Children Benefit Too!

I was pleasantly surprised to find that *delta-E* can also work well for younger children. Just reduce the intake of *delta-E* to correspond to the child's body weight. My children attend

"I have observed delta-E benefit everyone from elementary school children to a 105 year-old woman."

elementary school. They take half a packet of *delta-E* daily and apply themselves to their schoolwork with greater concentration and energy.

A Remarkable Story

At the other end of the spectrum, I have had many opportunities in my practice to observe elderly people with progressive degenerative processes and dementia. They often lose memory, have difficulty translating thoughts to action and find it hard to concentrate.

The most dramatic impact I have witnessed on an individual using *delta-E* involved a 105 year-old woman with advanced dementia. She could not actively communicate with the people around her, could not care for herself or even maintain personal hygiene. After 2 or 3 days of taking *delta-E*, she was talking, walking and having some memory recall. She has had a measurable recovery of cognition and her family is excited to be able to interact with her again.

Common Questions Answered

Is it possible for an adult to take too much *delta-E*? Not if taken with discernment. I recommend no more than 1-3 *delta-E* packets daily for adults of average size and weight. Athletes in training may benefit from taking a little more *delta-E*.

Why does *delta-E* have lots of vitamin B? Vitamin B is important for healthy

neurological function. Moreover, *delta-E*'s co-factors B12 and B6 assist the body in metabolic function. For energy management and dealing with chronic fatigue people need these B vitamins. The benefits from *delta-E* in the areas of focus, concentration and energy can be seen almost immediately.

Thiamine, which is part of the B complex in *delta-E*, can help support healthy connective tissue, skin, hair and nails. Studies have shown that it benefits nerve growth and the transmission of nerve impulses. Thiamine has also been shown to help restore memory loss.

Lose Weight Too

An unexpected benefit I have noticed in some of my patients is weight loss. Green tea, like that found in *delta-E*, is associated with improved metabolism, helping the body to more efficiently handle body fuel. It lowers food cravings and encourages increased activity which aids weight loss. *Delta-E*'s effervescent form makes it more bio-available as it dissolves quickly in water and gets more rapidly into the blood stream.

Following My Own Advice

I take *delta-E* regularly and feel more energetic, focused and alert. *Delta-E* is especially effective on days when I put in long hours examining and treating patients. I encourage you to supplement your diet with *delta-E*. Let its many benefits start enhancing your health immediately.

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