

## Frequently Asked Questions.

### How does Indium work?

Nobody knows, but we can make many educated guesses. Indium is a mineral, expected to work in ways similar to other minerals. They never work in isolation for instance, so supplementing your diet with isolated minerals can be a road full of unexpected frustrations and health risks. The power of Indium is probably best explained by what it allows other minerals to do. Indium appears to facilitate absorption of many, very important essential minerals. Other minerals exhibit this property as well, though not as dramatically. To take full advantage of Indium's potency, be sure that your diet contains other minerals as well. I recommend the very cheap and safe method of taking one teaspoonful of black molasses daily, but only if you can tolerate the extra sugar you take with it. Otherwise, take mineral supplements.

### How long does a bottle of Indium APW last?

The 1/2 oz. bottle, equipped with an eyedropper, contains approximately 350 drops. If you take 4 drops a day the bottle should last about 87 days. The 1 oz. bottle, equipped with an atomizer, yields approximately 180 sprays. It will therefore last 6 months, since one spray is equivalent to 4 drops with a great deal of accuracy.

### Why should I buy from Indium for Life?

We offer a great Indium product at a good price and also provide quality assurance. A sample from each batch of Indium APW that we make is sent to an independent laboratory for testing. The test results are posted on our website. We are very serious about quality.

### How can you offer Indium at such a low cost?

Our investments are focused on knowledge and technology, not costly marketing strategies. We don't spam, we don't send junk mail, or advertise in magazines. We use the power of the Internet to help customers to find us. We avoid unnecessary costs and operate on a shoe string budget. By determining the cost of one Indium unit and researching ways to minimize the cost of delivering it to the customer, we can set a price that is both fair to our customers and beneficial for us.

### How should I take Indium APW?

For best absorption, take Indium APW before you eat. Most absorption occurs in the mouth so don't be overly concerned with the contents of your stomach. Drops are perfectly OK, but spraying is even better. Wash it down with juice or water if you like.

### How pure is Indium APW?

The Indium sulfate we dissolve in distilled water comes with a certificate of 99.99% purity. All combined contaminants amount to no more than 100 ppm. There are more contaminants in a sip of tap water than in 4 drops of Indium!

### Is Indium patented?

Indium is a mineral and cannot be patented. However, Mr. George Bonadio obtained a U.S. patent (Methods for Administering Nutritional Indium, patent #6,007,847) for his delivery method. But when we researched the subject we found that the premises of the patent's claims have no credible scientific support.

### Is Indium safe?

One measure of mineral safety is its known toxicity. Both industry data and animal experiments have shown that Indium is remarkably safe and gives us no reason to be concerned. Another measure of safety is its interaction with other minerals. In this respect Indium is essentially very good but some warnings do apply. What is good for one person may not work as well for another whose mineral needs differ: Indium seems to work very well for those who have too much cadmium and/or copper in their bodies and too little zinc and iron. It seems to give these people a boost by re-energizing their metabolism, helping them lose weight, providing them with a sense of well being and even causing their grey hair regain their natural color. However, those with overactive thyroids and/or a copper deficiency should be very cautious. Indium probably offers them very little, if any, benefit. At this time, the best way to find out if you can benefit from Indium is to try it. If you can, you will most likely experience beneficial results immediately. For some folks over 50, those results are truly spectacular.

Open wounds or even bleeding gums are a valid reason to be concerned. It is better to take Indium in drops rather than risk getting it into the bloodstream, where it is highly toxic. On the other hand, Indium was once patented as a mouthwash. It has excellent bacteriostatic properties and cleans the mouth very well.

\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease. Individual results vary from person to person. Information provided in this leaflet is for educational purposes only. Always consult with your health care professional before taking any dietary supplement or if you have or suspect you might have a medical problem. Pregnant or lactating women should consult a doctor before using any product.

# INDIUM FOR LIFE



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## Indium for Life.

### What is Indium?

Indium has long been considered a non-essential trace mineral. New findings, however, are beginning to change that view. Indium seems to enhance food and mineral absorption by the body and helps to correct mineral deficiencies that you may not even have known about. Most people experience beneficial results immediately.\*

### What are some benefits of Indium APW?\*

Short-term benefits as reported by many Indium APW users include increased energy, a reduced need for sleep, and an enhanced sense of well being—the “Indium high.” Long-term benefits include a gradual correction of many chronic illnesses. This includes, but is not limited to, improved blood pressure, healthier body weight and a reversal of the visible signs of aging. When taking Indium, you feel rejuvenated and energized because your hormonal system works better.

### Is Indium APW expensive?

Not at all. A three month supply costs \$30—less than 35 cents per day. You may find that it even saves you money, as taking other supplements is no longer necessary.

## Why I Chose Indium.

by Przemek Nowicki, President

Of all the nutritional supplements and therapies I have tried, Indium comes closest to being a fountain of youth, a miraculous answer to my personal quest for health. It helped me overcome the metabolic slowdown I had experienced over the past four years and helped me regain more youthful energy levels. Iose 10 pounds of fat, and improve my dental condition.

An experiment with mice reported by Dr. Henry A. Schroeder demonstrates the most important aspect of how Indium actually works. It showed an enhanced rate of absorption of many essential trace minerals in mice whose diets were supplemented with Indium. Interestingly, Schroeder had focused his research on testing for possible toxic and carcinogenic effects of Indium. *He did not expect to see benefits.*

Schroeder speculated that an enhanced absorption of trace minerals is probably to be credited for offsetting Indium's toxicity.

Other people had a similar reaction; they were cautious about viewing the result as an undisputed benefit,

as it might be a questionable abnormality. However, given the impressive range of benefits some Indium users experience, a more positive interpretation is possible.

Apparently Indium exerts a powerful influence on how other minerals are absorbed and utilized in the body. It can cause a dramatic shift in the mineral balance, a very beneficial one.

One commonly observed Indium benefit is increased energy along with an enhanced sense of well being, quickly followed by gradual weight loss in overweight people. To a nutritional expert, these benefits can strongly resemble a recovery from an underactive thyroid condition and can be explained by Indium's ability to eliminate excess copper. Many who took Indium reported a dramatic improvement in skin condition. This can be explained by an improved zinc intake, while other positive effects result from an improved iron uptake. The list goes on and on. One expert speculates on Indium's possible interaction with other minerals as follows:

Dark circles under the eyes are usually indications of iron-deficiency anemia. Iron is probably the mineral that gives hair a black color. When the black from iron is combined with other colors (red from copper; yellow from sulfur; etc.), then you get the hair color. Since iron and copper work together, anything that decreases copper will help iron levels increase. This gives support to the thesis that Indium decreases copper[....]

Assuming that Indium is a copper antagonist, this could indicate that Indium might be very good for some people. There are a lot of people who have high levels of copper in the body and for these people Indium might be a very valuable addition to the diet. These are generally the people who are overweight and have low thyroid function. Indium could help them to increase thyroid production, lose weight, and get back to normal functioning. There may be a lot more people like this than there are people who are copper deficient.

## Testimonials.

### E.B. is a retired 67 year-old from Washington State who has used Indium for 4 months:

*I have been taking Indium for over four months, having learned of it from a friend. A sense of well being was the first thing I noticed. It took place within three days of taking Indium daily and has remained with me.*

*I'd been having trouble with consistent weight gain and I lost 8-9 pounds and found that the weight has stabilized. I'm more ener-*

*getic, getting lots of tasks done around the house, even doing a marble tiling job, something I'd never tackled before. When on a trip recently I ran out and couldn't take it for almost two weeks. I noticed a drop off in energy almost immediately which returned within two days of getting back on it.*

*This is one of those rare products which delivers what it promises and I'd highly recommend it, especially to those over 50 years of age. And, best of all, it seems to enhance other things I'm taking, and doesn't interfere with anything else!*

### We recently got an e-mail update from E.B.:

*Since using Indium, my hair color has gotten noticeably darker, back from silver grey. At first I thought it was just something my wife was commenting on to make me feel good. Then I began noticing it myself. Most interesting!...!*

*One of the things I've noticed since beginning the Indium use is that the dark circles under my eyes, which I've had for over 45 years, are definitely disappearing. Adds to a more youthful appearance, too. Wheeee! LOL.*

### Richard Boyd, Ph.D., writes from California:

*I am a Clinical Psychologist and 81 years old. I have been using Indium now for about a month. The results are remarkable: Energy available is increased. Strength in my exercise program, such that I have increased five more pounds in each hand, and treadmill jogging much easier. Hair thicker and darker. Vision sharper. Mood optimistic and calm. Blood pressure in normal range, from elevated. I recommend Indium for anyone who wants to look, feel and perform better.*

### J.L. is a 51 year-old artist, also from Washington. She had used Indium for four months when she sent us this note:

*I have been taking Indium for approximately 4 months now and am thrilled with the results. It is the only product that I have ever taken that delivers exactly what was observed in others. The following are the benefits thus far experienced:*

*Within a few days I was more alert in the mornings. Where I used to take about 1 1/2 hour to wake up, I now awaken quite alert and feeling clear headed. My skin tone has improved and it is less dry. BIG difference in energy level. Within the last month I have started to bike and swim almost daily. I feel more alive than I have in a very long time. I have an increasing sense of well being; just feeling better daily; upbeat outlook...sense of humor re-emerging. Some initial weight loss; but more importantly now, the energy, and desire to exercise which has obviously contributed to weight loss. Little to no cramping before or during menstruation...less tired the few days before...less moody/emotional before. THIS is a most awesome product and I highly recommend it to EVERYONE!!*