

“Effectively tackling HIV/AIDS is the world’s most urgent public health challenge. Unknown a quarter of a century ago, AIDS is now the world’s leading cause of death among adults aged less than 60 years.”

World Health Organization, 2004

The HIV/AIDS epidemic continues throughout the World, with growing Legions of infected individuals increasing in Africa and now expanding to the Caribbean, India and Asia. The current statistics are staggering:

- **7.4 million people are HIV positive throughout Asia.**
- **Sub-Saharan Africa has an estimated 25 million cases of HIV-positive cases and remains the worst affected region with women and children the most vulnerable to infection.**
- **At the end of 2003, an estimated 40 million people around the world were living with the HIV infection, and more than 20 million had died of AIDS.**
- **The AIDS epidemic has robbed 15 million children of one or both parents.**
- **There is no cure and no vaccine.**

However, there is an answer to this frightening epidemic:

“Micronutrient supplements have been proposed as low-cost immunomodulating interventions that may slow the progression of HIV disease.”

Reference: W. Fawzi, MB,BS,DrPH, Harvard School of Public Health. A study published in the July 1, 2004 issue of the New England Journal of Medicine

In this ground-breaking report, a study of HIV-infected African women found that daily doses of multi-vitamins appear to slow down the disease and cut the risk of developing AIDS by 50%. The researchers found that vitamin supplements, mainly vitamin B, C and E in combination had a positive effect in delaying the onset of AIDS from the HIV virus.

This report concluded that, “If efficacious, supplements could delay the onset of advanced disease and the need for antiretroviral therapy, saving antiretroviral drugs for when they may be most needed and reducing drug-related adverse events and costs.” Multivitamins may act as a potent antioxidant and reduce HIV replication, slowing disease progression.

Destiny Health & Wellness is a leading Natraceutical Company dedicated to helping people around the World to live healthier lives. Our curative health care model is failing. In order to make real change, we need to focus on prevention and the Natural treatment of illness and disease.

Destiny Health and Wellness manufactures some of the most effective Natraceutical products available in the world. Destiny Health and Wellness believes that we can help the fight against AIDS by providing Multivitamins of the highest quality to people in need. Our expert team of researchers have formulated a Multivitamin specifically to boost the immune system of individuals who have contracted the HIV virus.

We are committed to providing 1 million people with our Multivitamin by Dec. 1, 2005 - World AIDS Day. "1 GOAL" is the best way to challenge ourselves to make the contribution we should be making to the global effort against HIV/AIDS.

In our campaign to Change Lives Around the World, we are working with Charitable Organizations, Corporations and Concerned Individuals who are committed to work with us in the fight against HIV/AIDS. These groups and individuals are seeking donations that will send our AIDS Formula to individuals around the World who are stricken with the HIV virus. The program works as follows:

- 1. A Donor makes a commitment to donate a fixed amount to a Registered Charity.**
- 2. A \$60 donation purchases 1 bottle of Destiny's Multivitamin (3 month supply) at cost.**
- 3. 1 bottle of the Multivitamin will help one individual suffering from HIV for 3 months.**
- 4. An annual donation of \$720 will provide an individual with the Multivitamins for 3 years.**
- 5. The Registered Charity issues a tax receipt to the Donor.**
- 6. Destiny will deliver the Multivitamins to the Registered Charity for delivery to people with the HIV/AIDS virus.**
- 7. In addition, Destiny will make a CASH DONATION to the Registered charity equal to 25% of the amount that was raised.**

Please help us in this monumental fight against this urgent health challenge. Please contact me directly with any questions that you may have about this program.

Yours in Health,

Rana Singh ND

Director of Integrative Medicine

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REVIEW OF SCIENTIFIC EVIDENCE SUPPORTING THE USE OF MULTIVITAMINS IN HIV INFECTED INDIVIDUALS

RANA SINGH ND

CONCLUSION: “Multivitamin supplements delay the progression of HIV disease and provide an effective, low-cost means of delaying the initiation of antiretroviral therapy.”

Fawzi WW, Msamanga GI, Spiegelman D, Wei R, Kapiga S, Villamor E, Mwakagile D, Mugusi F, Hertzmark E, Essex M, Hunter DJ. A randomized trial of multivitamin supplements and HIV disease progression and mortality. N Engl J Med. 2004 Jul 1;351(1):23-32.

CONCLUSION: “Multivitamin (B, C, and E) supplementation of breastfeeding mothers reduced child mortality and HIV-1 transmission through breastfeeding among immunologically and nutritionally compromised women. The provision of these supplements to HIV-infected lactating women should be considered.”

Fawzi WW, Msamanga GI, Hunter D, Renjifo B, Antelman G, Bang H, Manji K, Kapiga S, Mwakagile D, Essex M, Spiegelman D. Randomized trial of vitamin supplements in relation to transmission of HIV-1 through breastfeeding and early child mortality. AIDS. 2002 Sep 27;16(14):1935-44.

CONCLUSION: “Multivitamin supplementation during pregnancy improves the pattern of weight gain among HIV-infected women.”

Villamor E, Msamanga G, Spiegelman D, Antelman G, Peterson KE, Hunter DJ, Fawzi WW. Effect of multivitamin and vitamin A supplements on weight gain during pregnancy among HIV-1-infected women. Am J Clin Nutr. 2002 Nov;76(5):1082-90.

CONCLUSION: “Adequate vitamin intake leads to enhancement of epithelial integrity and systemic immunity and could contribute to improved clinical condition among HIV-infected subjects”.

Fawzi WW, Hunter DJ. Vitamins in HIV disease progression and vertical transmission. Epidemiology. 1998 Jul;9(4):457-66

CONCLUSION: “Vitamin supplements may be one of a few potential treatments that are inexpensive enough to be made available to HIV-infected persons in developing countries.”

Fawzi WW, Hunter DJ. Vitamins in HIV disease progression and vertical transmission. Epidemiology. 1998 Jul;9(4):457-66.

CONCLUSION: “Multivitamin supplementation is a low-cost way of substantially decreasing adverse pregnancy outcomes and increasing T-cell counts in HIV-1-infected women.”

Fawzi WW, Msamanga GI, Spiegelman D, Urassa EJ, McGrath N, Mwakagile D, Antelman G, Mbise R, Herrera G, Kapiga S, Willett W, Hunter DJ. Randomised trial of effects of vitamin supplements on pregnancy outcomes and Tcell counts in HIV-1-infected women in Tanzania. Lancet. 1998 May 16;351(9114):1477-82.

CONCLUSION: “The data suggests that high serum levels of vitamin E may be associated with slower HIV-1 disease progression.”

Tang AM, Graham NM, Semba RD, Saah AJ. Association between serum vitamin A and E levels and HIV-1 disease progression. AIDS. 1997 Apr;11(5):613-20.

CONCLUSION: “new studies are emerging which suggest that micronutrient supplementation may help reduce morbidity and mortality during HIV infection.”

Semba RD, Tang AM. Micronutrients and the pathogenesis of human immunodeficiency virus infection. Br J Nutr. 1999 Mar;81(3):181-9.

CONCLUSION: “Vitamin B12 may slow HIV immune deficiency disease progression, and reverse neurological compromise.”

Singhal N, Austin J. A clinical review of micronutrients in HIV infection. J Int Assoc Physicians AIDS Care (Chic Ill). 2002 Spring;1(2):63-75.

CONCLUSION: “Current knowledge supports the use of routine multivitamin and trace element supplementation as adjuvant to conventional antiretroviral drug treatment as a relatively low-cost intervention.”

Singhal N, Austin J. A clinical review of micronutrients in HIV infection. J Int Assoc Physicians AIDS Care (Chic Ill). 2002 Spring;1(2):63-75.

CONCLUSION: “The results of randomized trials among men and nonpregnant women have confirmed the potential benefits of vitamins B, C, and E supplements on the immune status of human immunodeficiency virus (HIV)-infected individuals.”

Fawzi W. Micronutrients and human immunodeficiency virus type 1 disease progression among adults and children. Clin Infect Dis. 2003;37 Suppl 2:S112-6.

CONCLUSION: “The results suggest that high intake of several nutrients (niacin, vitamin C, and vitamin B1) were associated with slower progression to AIDS.

Some vitamins associated with decreased risk of AIDS and death. AIDS Treat News. 1995 Jan 6(No 214):3-6.

CONCLUSION: “Daily use of a multivitamin supplement was associated with a 40% reduction in the risk of a low CD4 T-lymphocyte count”

Tang AM, Graham NM, Kirby AJ, McCall LD, Willett WC, Saah AJ. Dietary micronutrient intake and risk of progression to acquired immunodeficiency syndrome (AIDS) in human immunodeficiency virus type 1 (HIV-1)-infected homosexual men. Am J Epidemiol. 1993 Dec 1;138(11):937-51.

CONCLUSION: HIV-positive people, intake of vitamin B6 at more than twice the recommended dietary allowance (RDA is 2 mg per day for men and 1.6 mg per day for women) was associated with improved survival.

Tang AM, Graham NMH, Saah AJ. Effects of micronutrient intake on survival in human immunodeficiency type 1 infection. Am J Epidemiol 1996;143:1244-56.

CONCLUSION: “Intake of vitamin C by HIV-positive persons may be associated with a reduced risk of progression to AIDS.”

Tang AM, Graham NMH, Saah AJ. Effects of micronutrient intake on survival in human immunodeficiency type 1 infection. Am J Epidemiol 1996;143:1244–56

CONCLUSION: “In test-tube studies, vitamin E improved the effectiveness of the anti-HIV drug zidovudine (AZT) while reducing its toxicity.”

Gogu SR, Beckman BS, Rangan SR, Agrawal KC. Increased therapeutic efficacy of zidovudine in combination with vitamin E. Biochem Biophys Res Commun 1989;165:401–7.

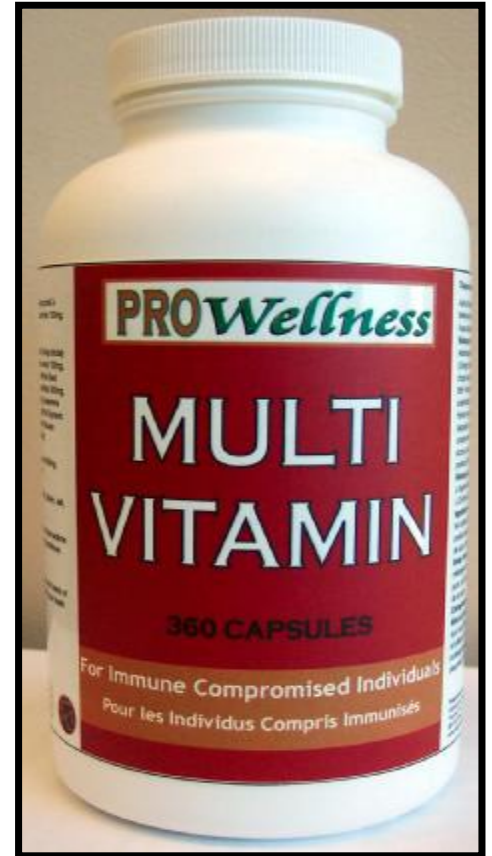
CONCLUSION: “In HIV-positive people with B-vitamin deficiency, the use of B-complex vitamin supplements appears to delay progression to and death from AIDS”

Kanter AS, Spencer DC, Steinberg MH, et al. Supplemental vitamin B and progression to AIDS and death in black South African patients infected with HIV. J Acquir Immune Defic Syndr 1999;21:252–3

HIV/AIDS Formula

Multivitamin for Immuno-compromised Individuals Ingredients per daily dosage (4 capsules)

Vitamin E (Tocopheryl succinate)	400 IU
Vitamin B-1 (Thiamine Hydrochloride)	300mg
Vitamin B-2 (Riboflavin)	100mg
Vitamin B-3 (Niacinamide)	100mg
Vitamin B-5 (Calcium Pantothenate)	250mg
Vitamin B-6 (Pyridoxine Hydrochloride)	50mg
Vitamin B-12 (Methylcobalamin)	1000mcg
Folic Acid	1000mcg
Biotin	100mcg
Choline Bitartrate	100mg
Vitamin C (Ascorbic Acid)	1000mg
Bioflavonoids	250mg



360 capsules per bottle = 3 months supply

The production facilities rigid manufacturing practices and procedures are designed to monitor and verify quality throughout every step of the production process:

- cGMPs (current Good Manufacturing Practices) in accordance with USPXXVI
- SOPs (written Standard Operating Procedures) in accordance with cGMPs
- VCP (Vendor Certification Program) ensuring raw material quality
- ISO 9001 and ISO 17025 accreditation/in-house laboratory certification

The lab is routinely inspected by the FDA as well as representative companies from Canada and Europe and is approved as a nutritional supplement manufacturer by:

- FDA
- Canadian Ministry of Health
- European Ministry of Health



"1 GOAL"- Supplementing 1 million people affected by HIV/AIDS by Dec. 1, 2005.



Name: _____
 Address: _____ City: _____
 Home Telephone: _____ Prov/State: _____ Postal Code: _____
 E-mail: _____ Country: _____

I want to commit for:

- 1 time only 3 months 6 months 12 months Other: _____

I want to donate:

- \$25/month \$50/month \$75/month \$100/month Other: _____

Method of Payment:

- Pre-authorized cheque. CASH.
 (Please enclose a blank cheque marked "void".)
 Note: We do not accept post-dated cheques.

- Credit Card.
 (Please complete credit card information below.)

An official Tax Receipt Will be mailed out within 3-4 weeks (On Donations over \$10) Charity business number 11926-5882-RR0001

Credit Card Information:

- VISA MasterCard American Express

Card number: _____ Expiry Date: _____

Signature: _____

Thank you for your donation to the Destiny Cares Initiative (DCI)

Becoming a donor:

By becoming a donor you will help to provide Multivitamins to individuals infected with the HIV/AIDS virus, allowing them the chance to live longer and healthier.

Making a regular donation:

Your regular donation can help communities help themselves. As a DCI supporter, you will be joining with thousands of others committed to fighting HIV/AIDS worldwide. Your regular contribution will assist communities where they need it most, bringing about sustainable transformation in people's lives.

Leaving a Legacy:

Thanks to the legacies DCI hopes to receive, many HIV/AIDS individuals will be able to look forward to a brighter future, one in which they will live a longer, healthier life. A legacy from you will help DCI to continue its work with communities affected by the HIV/AIDS virus around the world. You will be making an investment that will generate long-term returns and help families to build better futures. With any amount, large or small, you can change lives and bring hope to those communities battling the HIV/AIDS virus.

TOTAL DONATION PER MONTH	Your Donation Provides
\$240	Supplies four infected individuals with Multi-vitamins for 3 months.
\$180	Supplies three infected individuals with Multi-vitamins for 3 months.
\$120	Supplies two infected individuals with Multi-vitamins for 3 months.
\$60	Supplies one infected individual with Multi-vitamins for 3 months.

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With Cover Page, Attention: RANA SINGH