

# Instructions for the T/C+ Nutritional Pilot Survey

Thank you for requesting information about participation in the self funding T/C+ Nutritional Pilot Survey.

## Qualifications, Rules, and Evaluations

The Honor System is used in this Study. Because of the **Matched Funding**, the cost for the six month Study is very low. Participants may submit General Health Evaluation Forms; however, we are especially looking for individuals with the health challenges outlined in our announcement. [Http://endowmentmed.org/odf/TC+WhatAreBenefits5911](http://endowmentmed.org/odf/TC+WhatAreBenefits5911)

The Endowment for Medical Research, Inc covers half the cost for the product. Each two pound container of T/C+ is for one month. Full six month supply with **Matched Funding** is \$177.70 plus shipping. We may ship two - six pound canisters or six - two pound canisters.

## Agreement:

Reviewing and submitting the **Baseline Health Evaluation Forms** acknowledges agreement for participating in the **T/C+ Pilot Survey**.

**Download** the General Health Evaluation Form:

[http://www.endowmentmed.org/pdf/GHE\\_FORM\\_TC+.pdf](http://www.endowmentmed.org/pdf/GHE_FORM_TC+.pdf)

**Directions:** This is the Pilot Survey designed for the participant to enjoy. Use enough T/C+ to flavor for best enjoyment. It is desirable to consume 2 Tablespoons per day; BUT, it is very important to eat at least 1 Tablespoon. So enjoy the amount that you believe is best for you. Even a smaller amount is much better than none. Enjoy T/C+ on toast and on your cereal. Here are great ways of enjoying T/C+: Enrich apple butter or apple sauce by stirring T/C+ into it. T/C+ improves oatmeal, cream of wheat, Malt-O-Meal, and other hot cereals. Sprinkle it on your ice cream or whipping cream. Sprinkle it on your pancakes and waffles. Sprinkle on your salad. Fruit pies baked with T/C+ instead of regular sugar makes for the best mouth watering home made pie you ever ate. Or, take any ready-made apple pie and sprinkle lots of T/C+ on top. Add to pears, rhubarb, puddings, and custards. Add to your hot chocolate or in your coffee. Be creative and share your recipes with us. [Warning: T/C+ does not mix well in liquids without additional stirring.]

## Explaining T/C+

T/C+ has three basic components, the sugar trehalose, Ceylon cinnamon, and bio-available ionic multi-trace minerals in a fulvic phytochemical compound. Separately, the components are noted for remarkable health benefits. Research papers are published and many posted on our website on the functional sugar trehalose at <http://endowmentmed.org>. Cinnamon benefits have been known for centuries and include lowering blood fat and sugar levels, helping arthritis sufferers and preventing diabetes. Studies also show cinnamon has health benefits with triglycerides, total cholesterol and the 'bad' LDL cholesterol in those with type II diabetes. It is an aphrodisiac and anti-fungal agent and calms the nerves. T/C+ contains only Ceylon cinnamon. [There are warnings against using too much Cassia cinnamon (the cinnamon sold in grocery stores) because of its coumarin content which is toxic to the liver and kidneys and may cause damage even in small amounts.] We have reports from outside the US that research supports and governments approve the use of ionic multi-trace minerals for the treatment of cancer and viruses. How effective it is? We do not know. This is the reason for the Pilot Survey prior to additional clinical trials. Your participation is appreciated and very important to ongoing education, improvement of healthcare, and the lowering of healthcare costs.