

SURVIVAL TABLETS OK BUT!!!

From: "Bob"

Subject: ! The Survival Tab

Date: 1 Jan 1997 04:43:29 GMT

"JUST IN CASE" Survival Products

Survival Tabs are intended for those emergency conditions where a person must travel light and live on whatever food they can actually carry with them for weeks or even months at a time.

Twelve tabs per day supply a considerable portion of the calorie requirements of an active adult. It may be assumed that if the person living on them is required to "hole up," their energy requirements will be considerably reduced.

When traveling across country, it may be assumed that at least some other food will be found occasionally.

Survival Tabs eliminate the risk or wasted time that might be required to actually hunt for food or go out of one's way to obtain it.

With most food products, 30 to 60 percent of the theoretical calorie content leaves the body unused. Survival Tabs are so completely digestible that 99% of their calorie content can be actually utilized for energy and 97% of the protein is actually available for repair or replacement of essential body substances such as blood, muscle, nerves, etc. Twelve Survival Tabs per day provide more than enough protein to sustain essential body tissues.

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By placing one Survival Tab in the mouth every hour or so and letting it dissolve slowly during a 15 minute period of time, assimilation of all nutrients will be maximized and appetite will be fully satisfied.

The Survival Tab container is of such size and shape as to fit and be carried within a regular G.I. canteen pouch. The small empty space under the lid of this container is filled with an extra plastic bag. If an extra water canteen is needed, the Survival Tabs can be poured out into the plastic bag and be carried in a pocket or back-pack while the container is used as a canteen.

This is a true "survival food" that will keep you alive and moving for months on the amount you can carry in your own pack.

'Based on recommended consumption of 12 tablets per day -- Can be stretched to a 30 day supply under emergency conditions.  
Shelf-life: Approx. 10+ years.

(180 Tabs) Fifteen day supply \$24.75

For more information and how to order contact:

Send E-Mail to ([good4u@volcano.net](mailto:good4u@volcano.net))

Food Reserves, Inc.  
110 Bismark Street  
Concordia, Mo 64020

Survival food division

At less than \$2/day, this makes them less expensive than any other synthetic food I've ever heard of.

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In fact, they are cheaper than most food period!

From: "RolfN"

Subject: Re: ! The Survival Tab

Date: 2 Jan 1997 17:41:40 GMT

> Why shouldn't they be used all the time?

Simple: They don't have enough calories.

They are a good food \_suppliment\_, but a lousy primary food source.

If I remember correctly (and it's been a while, so please correct me if I'm wrong), they have about 400 calories per 12 tabs.

Enough for minimal survival if you are laying around in a life-raft, doing absolutly nothing, but not much more.

However, they do keep virtually forever, and they add a reasonably good nutritional suppliment to raw calories and bulk provided by other foods that may be available.

Rolf Nelson, speaking once again for myself.

rolfn@microsoft.com

From: "Steven

Subject: Re: ! The Survival Tab

Date: 3 Jan 1997 03:02:45 GMT

If you lived solely upon these, your diet would be lacking in essential fiber and roughage. Sure, you may be getting your protein and vitamins, but your bowels would be backing up with sludge!

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These are ideal for when food is scarce, you can't keep anything on your stomach, or you're hiding out from someone, but as your "staff of life", this would be a rubber crutch.

Keep them on hand, use them wisely, supplement your diet with them, but don't expect to exist on only them and water.

From: madmac

Subject: re:survival tablets

Date: Wed, 01 Jan 1997 20:06:47 -0800

The medical issue with survival bars and tablets is simple. The human body needs between 25 and 40 grams of fiber daily for normal bowel functioning. NASA had the same problem with space flight.

You simply cannot eat tablets and bars for longer than a week without causing severe constipation.

Any survival bar or tablet needs to be supplemented with bulk foods. Dried fruit, nuts, dates, figs, prunes etc are good.

Also you might consider fiber capsules or fiber powder.