

Exhibit 1

Instructions: The Multi-Generational Health Course Purchase

Mom's Good Taste

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The Multi-Generational Health Course Purchase process for Mom's Good Taste is designed to ensure that you receive the highest quality care and understand the intent of The Multi-Generational Health Course.

- STEP ONE:** From the Mom's Good Taste website, follow "Nourish Online", "Multi-Generational Health Course" to see "Purchase Instructions".
- STEP TWO:** Purchase The Multi-Generational Health Course for \$0 by creating an account in the password protected area on the Mom's Good Taste website. By purchasing Multi-Generational Health Course for \$0, you agree to Multi-Generational Health Course Purchase and Participation Agreement.