
From: [REDACTED] <[REDACTED]>
Sent: Monday, November 19, 2012 5:36 AM
To: Jeffrey Epstein
Subject: Fast!!!

NB you should be fasting as you have your bloodwork in the morning

Sent from my iPhone

```
<?xml version="1.0" encoding="UTF-8"?>
<!DOCTYPE plist PUBLIC "-//Apple//DTD PLIST 1.0//EN" "http://www.apple.com/DTDs/PropertyList-1.0.dtd">
<plist version="1.0">
<dict>
  <key>conversation-id</key>
  <integer>236715</integer>
  <key>date-last-viewed</key>
  <integer>0</integer>
  <key>date-received</key>
  <integer>1353303382</integer>
  <key>flags</key>
  <integer>8590195713</integer>
  <key>gmail-label-ids</key>
  <array>
    <integer>6</integer>
    <integer>2</integer>
  </array>
  <key>remote-id</key>
  <string>258839</string>
</dict>
</plist>
```