

Dr. Sinatra

AMERICA'S #1 INTEGRATIVE CARDIOLOGIST®

*Spring forward into
perfect health*

Semi-Annual Sale!

SAVE 20%



Don't Miss This Chance!

- Feel an astonishing boost of energy
- Balance your cholesterol and triglycerides
- Promote healthy blood pressure levels
- Boost your brain power and more!

For fastest service, call toll free today!

1-800-304-1708

See page 4.



Shrink your waistline to help cut your heart health risks

As a cardiologist, I know that even a few excess pounds can impact your heart, blood pressure, cholesterol levels, and more.

So I have developed a groundbreaking **Omega-3 Weight Loss** formula, that's completely safe to take with most cardio medications, to help conquer the toughest roadblocks to successful weight loss.

The formula goes to work from day one...

- Boosting metabolism to burn more calories
- Increasing lean muscle and reducing body fat
- Promoting steady blood sugar levels
- Helping to fight cravings
- Maintaining energy levels

Plus you get one of the best sources of DHA. Supportive, but not conclusive research, shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.

So order **Omega-3 Weight Loss**, today!

Supplement Facts

Two softgels give you:

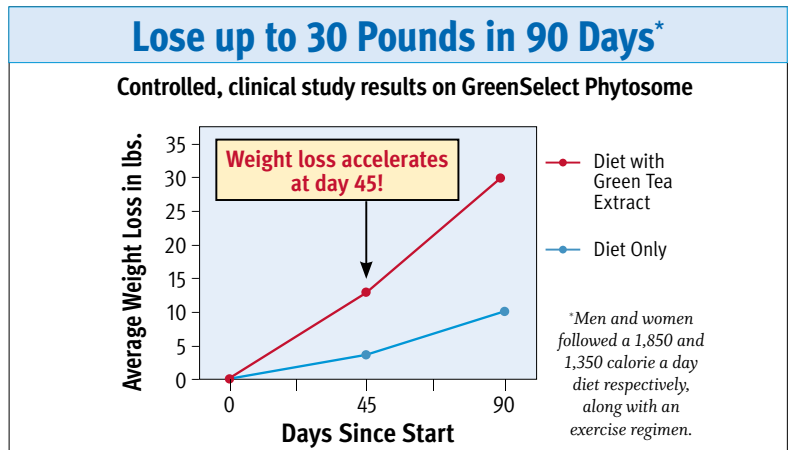
GlucoHelp®† Banaba Extract (leaf)	3 mg
Calamarine®‡ Oil Concentrate (from squid).....	500 mg
DHA (docosahexaenoic acid)♦.....	140 mg
EPA (eicosapentaenoic acid)♦	60 mg
GreenSelect®§ Phytosome.....	300 mg
Phosphatidylcholine (from soy)	
Green Tea Extract (leaf, decaffeinated)	

♦ As ethyl esters Contains soy.

Usage Recommendation: Take 1 softgel twice daily with a meal.

Omega-3 Weight Loss			
60 softgels, 30-day supply			
	Item #	Reg. Price	Your Price
BUY 5, GET 2 FREE— SAVE \$59.98	OMW70	\$209.93	\$149.95
BUY 3, GET 1 FREE— SAVE \$29.99	OMW40	\$119.96	\$89.97
1 bottle	OMW10	—	\$29.99

†GlucoHelp® is a registered trademark of Soft Gel Technologies, Inc.
 ‡CALAMARINE® is a registered trademark of Pharma Marine AS.
 §GreenSelect® is a registered trademark of Indena S.p.A.



Di Pierro, et al. *Altern Med Rev.* 2009 Jun;14(2):154-60.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

SEMI-ANNUAL SALE

SAVE 20%

on your total purchase!

PROMO CODE: SAVE20C

Take advantage of our semi-annual sale

SAVE 20% on your total purchase when you spend \$99 or more. Offer applies to EVERY Dr. Sinatra supplement including these top sellers...



Why is a cardiologist so passionate about blood sugar?

Did you know that maintaining healthy blood sugar means a lot more than just keeping your glucose numbers in line? That's because balanced blood sugar levels are critical for healthy blood vessels, robust circulation, comfortable nerves, long-lasting energy, and more. If you have blood sugar concerns or are over age 60, you need to take nutritional steps to manage your glucose levels—starting right now.

Stephen Sinatra M.D.

Dr. Stephen Sinatra
America's #1 Integrative Cardiologist®

Finally...A true breakthrough in heart healthy blood sugar support

There are a handful of nutrients that I consider absolutely essential for cardiovascular health—CoQ10, DHA-rich Calamarine®, and L-carnitine, to name a few. Now, based on a vast and growing body of scientific research, I've added another one to the list: **Pycnogenol®**. This powerful extract from French Maritime Pine Bark has cardiovascular benefits that range from arterial health and endothelial cell function to overall free-radical fighting power. But what makes Pycnogenol stand out as a true nutrient superstar are its **impressive blood sugar benefits**.

Pycnogenol is the cornerstone of my NEW, one-of-a-kind blood sugar formula

NEW Advanced Blood Sugar Support combines research doses of Pycnogenol with proven blood sugar supporters like chromium and cinnamon, plus benfotiamine and alpha lipoic acid for healthy, comfortable nerves. Together, the advanced nutrients in this comprehensive formula address the **TOP FOUR CONCERNS** related to blood sugar:

1. **Lowers fasting and post-meal glucose levels with Pycnogenol**, clinically shown to help keep blood sugar levels steady.
2. **Promotes insulin sensitivity and minimizes oxidation** with cinnamon and chromium.
3. **Supports and even repairs your blood vessel endothelial lining** with the antioxidant power of Pycnogenol and alpha lipoic acid.
4. **Soothes and comforts nerves** with benfotiamine and other B vitamins that improve sensory function.



Supplement Facts

One capsule gives you:

Vitamin B6 (as pyridoxine HCl).....	10 mg
Vitamin B12 (as methylcobalamin).....	100 mcg
Chromium (as polynicotinate).....	200 mcg
Benfotiamine	200 mg
Cinnamon Powder (bark)	300 mg
Alpha Lipoic Acid.....	50 mg
Pycnogenol®† French Maritime.....	50 mg
Pine Extract (bark)	

Usage Recommendation: Take 1 capsule daily.

†Pycnogenol® is a registered trademark of Horphag Research Ltd, whose use may be protected by one or more patents.

Don't be fooled by Pycnogenol imposters!

Other blood sugar formulas may use pine bark, but it isn't the same as Pycnogenol. This patented ingredient is the **ONLY** pine bark extract shown in human clinical research to have remarkable blood sugar and cardio benefits.

Advanced Blood Sugar Support			
30 capsules, 30-day supply	Item #	Reg. Price	Your Price
BUY 5, GET 2 FREE SAVE \$119.98	ABS73	\$419.93	\$299.95
BUY 3, GET 1 FREE SAVE \$59.99	ABS43	\$239.96	\$179.97
1 bottle	ABS13	—	\$59.99

Ask how to get **FREE SHIPPING FOR LIFE**, call **1-800-304-1708** today

Original Omega Q Plus

Exclusive Combination of Omega-3 Calamarine

Far Beyond Ordinary Fish Oil

Benefits	Ordinary Fish Oil	Omega Q Plus
DHA-rich Calamarine omega-3 oil for superior heart, brain, eye, and colon support	—	✓
Highly absorbable Hydro Q-Sorb CoQ10 for abundant energy	—	✓
Added antioxidant nutrients for protection against free radicals and more energy	—	✓
Exclusive doctor-formulated nutrient combination	—	✓
No fishy aftertaste or “repeating”	—	✓

The unique combination of nutrients in **Omega Q Plus** work harder together than they can on their own for incredible cardiovascular protection and support.

★ ★ ★ ★ ★ **TOP RATED**

“What I notice the most is increased energy, clarity in my mind, less achy in my muscles, and I can digest it. I chose this product because I have been unable to digest all fish oils and most oils in general. I have no problem digesting this oil. I am thrilled.”*

Heather S. | Colorado
drsinatra.com customer

*Results may vary.

Throughout my years as an integrative cardiologist, I’ve researched and analyzed countless nutrients to find the few that really go the distance to deliver life-enhancing—and even lifesaving—heart health benefits. And I’ve put these together in one exclusive formula called **Omega Q Plus®**.

Here’s how...

DHA-rich Calamarine Omega-3 Oil—the discovery that makes ordinary fish oil obsolete

Calamarine® omega-3 oil is a pure, potent extract from select species of deep-water calamari squid, which has **abundantly MORE heart-healthy DHA than ordinary fish oil...** in some cases **85% more!** And while both EPA and DHA omega-3s found in fish oil support your cardiovascular health, growing research suggests that it’s the DHA omega-3s that work the hardest to **improve your blood pressure, blood vessel health, and circulation, plus support your brain, nerves, eyes, and colon.**

Plus, because Calamarine doesn’t come from fish at all, it has **NO fishy aftertaste** and won’t cause the embarrassing burping that’s so common with ordinary fish oil.

Highly absorbable Hydro Q-Sorb CoQ10—for incredible energy and antioxidant protection

Next, I partnered Calamarine omega-3 oil with CoQ10, which cardiologists often call the “miracle nutrient” because it fuels your mitochondria, or cellular power plants. This is especially important for your heart—a muscle that requires huge amounts of oxygen and energy to function. Plus, CoQ10 acts as a potent antioxidant, effectively hunting and destroying free radicals that can compromise your heart health and overall well-being.

Omega Q Plus features a patented, cutting-edge form of CoQ10 called **Hydro Q-Sorb®**, which scientific research has shown is **8 times better absorbed** than ordinary powdered CoQ10! And you get a full 50 mg in every dose of **Omega Q Plus**. When you do the math, **that’s like getting 400 mg of ordinary CoQ10** for remarkable, long-lasting energy to end your fatigue and let you live life to the fullest.

See more reviews online at drsinatra.com.



and Hydro Q-Sorb CoQ10

- Superior heart health
- Healthy blood pressure, cholesterol ratios, and triglyceride levels
- Age-defying antioxidant protection
- Serious support for brain, joints, eyes, and immune health
- Astonishing energy for your cells, heart, and total body

Powerful energizing leverage from L-carnitine

In **Omega Q Plus**, I've also included 200 mg of L-carnitine in a very absorbable form called fumarate. This special L-carnitine effectively shuttles the omega-3s from Calamarine and the CoQ10 into your cells, where they're used to generate energy. What's more, L-carnitine fumarate removes toxins to help keep your cellular energy motors running cleanly and efficiently.

But that's not all...

In addition to these power hitters, **Omega Q Plus** gives you **THREE MORE potent heart nutrients**— folic acid and vitamins B6 and B12—for an added energy boost and superior protection against free-radical damage throughout your body.

The exclusive, science-based nutrient combination in **Omega Q Plus** gives you unparalleled support for your heart and total body wellness...in just two easy softgels per day! And these tremendous health benefits build over time. So I urge you to stick with the heart healthy routine or even “double up” your dose every day like I do for even greater heart health and energy.

Turn the page for 2 more reasons to love your Omega Q Plus!

Lock in your savings with AutoDelivery

Call 1-800-304-1708



Actual Softgel Size

Supplement Facts

Two softgels give you:

Calamarine ^{®†} Oil Concentrate (from squid) ...	1,250 mg
DHA (docosahexaenoic acid) [♦]	350 mg
EPA (eicosapentaenoic acid) [♦]	150 mg
Hydro Q-Sorb ^{®‡} Coenzyme Q10 (as ubiquinone).	50 mg
L-Carnitine (as fumarate)	200 mg
Vitamin B6 (as pyridoxine HCl, pyridoxal-5-phosphate)	30 mg
Folic Acid	400 mcg
Vitamin B12 (as cyanocobalamin)	750 mcg

[♦] As ethyl esters

Usage Recommendation: Take 2 softgels once daily with a meal. For added support, take 2 softgels twice daily with a meal.

[†]CALAMARINE[®] is a registered trademark of Pharma Marine AS.

[‡]Hydro Q-Sorb[®] and Omega Q Plus[®] are registered trademarks of Tishcon Corp.

Omega Q Plus [®] 60 softgels, 30-day supply	Item #	Reg. Price	Your Price
BUY 5, GET 2 FREE— SAVE \$59.98**	YCA70	\$209.93	\$149.95
BUY 3, GET 1 FREE— SAVE \$29.99*	YCA40	\$119.96	\$89.97
1 bottle	YCA10	—	\$29.99

** You'll receive 2 bottles with 180 softgels each, 1 bottle with 60 softgels

* You'll receive 1 bottle with 180 softgels, 1 bottle with 60 softgels

Premium Omega-3 Supplements

GET FREE SHIPPING with AutoDelivery, Call 1-800-304-1708

Convenience, Value, and Extra Benefits



Omega Q Plus with Vitamin D3

In the same, easy 2 softgel daily dose, you get the complete **Omega Q Plus** formula for heart health and vitality, **plus 2,000 IU of vitamin D3** to:

- Promote calcium absorption and bone density
- Enhance muscle strength and physical mobility
- Support healthy blood sugar metabolism
- Support cellular and cognitive health

The research on **vitamin D** continues to grow, confirming the far-reaching health benefits of this versatile vitamin, including promoting bone density and muscle strength, enhancing immunity, supporting healthy blood pressure, and more.

Our bodies require sunshine in order to make vitamin D, and we just don't get enough sun to get the job done. That's why it's so important to supplement with vitamin D. But not just any vitamin D.

I insisted on using the premium D3 form of the vitamin because it's the same form used by the cells and tissues in your body and it's up to three times better absorbed than the more common D2 form, so you'll get the greatest health benefits.

Supplement Facts

Two softgels give you:

Calamarine ^{®†} Oil Concentrate (from squid)	1,250 mg
DHA (docosahexaenoic acid) [♦]	350 mg
EPA (eicosapentaenoic acid) [♦]	150 mg
Hydro Q-Sorb ^{®‡} Coenzyme Q10 (as ubiquinone).....	50 mg
Vitamin D3	2,000 IU
L-Carnitine (as fumarate)	200 mg
Vitamin B6 (as pyridoxine HCl, pyridoxal-5-phosphate)	30 mg
Folic Acid	400 mcg
Vitamin B12 (as cyanocobalamin)	750 mcg

[♦] As ethyl esters

Usage Recommendation: Take 2 softgels once daily with a meal. For added support, take 2 softgels twice daily with a meal.

Omega Q Plus[®] with Vitamin D3			
60 softgels, 30-day supply	Item #	Reg. Price	Your Price
BUY 5, GET 2 FREE—SAVE \$69.98	YDA70	\$244.93	\$174.95
BUY 3, GET 1 FREE—SAVE \$34.99	YDA40	\$139.96	\$104.97
1 bottle	YDA10	—	\$34.99

[†] CALAMARINE[®] is a registered trademark of Pharma Marine AS.
[‡]Hydro Q-Sorb[®] and Omega Q Plus[®] are registered trademarks of Tishcon Corp.

Simplify & Save

Omega Q Plus with Vitamin D3 and **Omega Q Plus with Resveratrol** are incredibly hardworking formulas that make it easy to get the customized nutritional support you want each day with...

Convenience—More whole body benefits in the same easy 2 softgel daily dose you were used to taking with **Omega Q Plus**.

Value—Pay far less than you'd have to when adding stand-alone vitamin D3 or resveratrol to original **Omega Q Plus**.

Superior nutrient combinations—You won't find these high-powered nutrient combinations anywhere else, at any price.

Research-proven results—Specific forms and doses of nutrients shown in human clinical studies to give you the greatest health benefits.

with 2 Omega Q Plus Formulas



Omega Q Plus with Resveratrol

In the same, easy 2 softgel daily dose, you get the complete **Omega Q Plus** formula for heart health and vitality, **plus 30 mg of resVida® resveratrol** to:

- Significantly improve blood flow
- Promote healthy aging
- Fight free-radical damage
- Support normal cell replication
- Promote optimal mental function

Resveratrol is a powerful polyphenol antioxidant found most notably in the skin of red grapes. Harvard University researchers found that this exciting nutrient acts like an “on switch” to sirtuin—a specific enzyme family that plays a critical role in cell survival and overall longevity by promoting gene stability and DNA repair. Resveratrol also enhances insulin sensitivity and helps reduce inflammation for extraordinary anti-aging results.

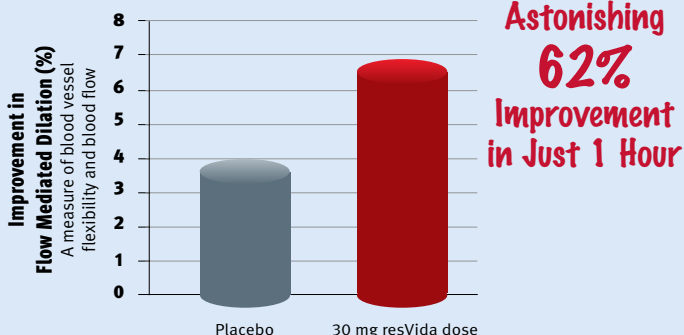
For my **Omega Q Plus** formula, I chose a special, patented form of resveratrol called resVida because it’s the **ONLY form ever used in published human clinical studies** and shown to improve blood vessel health, blood pressure, and blood flow.



Premium Omega-3 Supplements

resVida Resveratrol:

Clinically Proven to Enhance Blood Vessel Flexibility for Improved Blood Flow



Wong R, et al. *Nutr Metab Cardiovasc Dis.* 2011;21(11):851-6

Supplement Facts

Two softgels give you:

Calamarine ^{®†} Oil Concentrate (from squid)	1,250 mg
DHA (docosahexaenoic acid) [‡]	350 mg
EPA (eicosapentaenoic acid) [‡]	150 mg
Hydro Q-Sorb ^{®‡} Coenzyme Q10 (as ubiquinone)	50 mg
resVida^{®S} Resveratrol	30 mg
L-Carnitine (as fumarate)	200 mg
Vitamin B6 (as pyridoxine HCl, pyridoxal-5-phosphate)	30 mg
Folic Acid	400 mcg
Vitamin B12 (as cyanocobalamin)	750 mcg

[‡] As ethyl esters

Usage Recommendation: Take 2 softgels once daily with a meal. For added support, take 2 softgels twice daily with a meal.

Omega Q Plus [®] with Resveratrol			
60 softgels, 30-day supply	Item #	Reg. Price	Your Price
BUY 5, GET 2 FREE—SAVE \$79.98	YEA70	\$279.93	\$199.95
BUY 3, GET 1 FREE—SAVE \$39.99	YEA40	\$159.96	\$119.97
1 bottle	YEA10	—	\$39.99

[†]CALAMARINE[®] is a registered trademark of Pharma Marine AS.
[‡]Hydro Q-Sorb[®] and Omega Q Plus[®] are registered trademarks of Tishcon Corp.
[®]resVida is a registered trademark of DSM Nutritional Products, Inc.

Ask how to get **FREE SHIPPING FOR LIFE**, call **1-800-304-1708** today

Joint pain relief & heart support

45x
better
absorption
for faster relief!



Actual
Softgel Size



Omega-3 Joint Solutions:

- Alleviates everyday joint pain and stiffness
- Promotes normal inflammatory response
- Supports blood vessel health
- Safe to take with heart medicines

Many remedies people take for everyday joint pain can cause digestive system problems—some of which are especially worrisome if you're taking cardiovascular medicine. But **Omega-3 Joint Solutions** features a revolutionary, all-natural ingredient called Meriva® that has unprecedented anti-inflammatory power...*without the side effects.*

Meriva is an exclusive turmeric extract in a special patented form that allows its curcumin active ingredient to be 45 times better absorbed than ordinary curcumin for extraordinary defense against free radicals. And at a 1,000 mg dose, Meriva works to block top pain-causing enzymes.

Supplement Facts

Two softgels give you:

Meriva® Curcumin Phytosome.....	1 g
Turmeric extract (root), Phosphatidylcholine (from soy)	
Calamarine® Oil Concentrate (from squid)	500 mg
DHA (docosahexaenoic acid)*.....	140 mg
EPA (eicosapentaenoic acid)*	60 mg

* As ethyl esters Contains soy.

Usage Recommendation: Take 2 softgels daily with a meal.

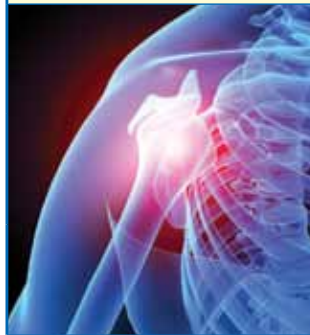
Omega-3 Joint Solutions			
60 softgels, 30-day supply	Item #	Reg. Price	Your Price
BUY 5, GET 2 FREE—SAVE \$59.98	MCC70	\$209.93	\$149.95
BUY 3, GET 1 FREE—SAVE \$29.99	MCC40	\$119.96	\$89.97
1 bottle	MCC10	—	\$29.99

†Meriva® is a registered trademark of Indena S.p.A.

‡CALAMARINE® is a registered trademark of Pharma Marine AS.

Meriva—Proven to Fight Pain and Inflammation

In a controlled, human study, patients using Meriva for 90 days reported:



50% Improvement in Pain

54% Improvement in Stiffness

61% Improvement in Physical Function

Belcaro G, et al. *Painmedicine*. 2010.

A separate clinical trial showed that participants who used Meriva for 8 months had even greater results, with pain plummeting by 56% and stiffness easing by 57%. And participants reported they were significantly more satisfied with their social function and overall well-being.

I also included DHA-rich Calamarine® oil in my **Omega-3 Joint Solutions** formula for added joint and cardiovascular support.

Helpful and Friendly
Customer Service

1-800-304-1708

My preferred source of omega-3s for a healthy heart, eyes, and brain

- Supports your body's natural anti-inflammatory response
- Promotes healthy eyes, skin, lungs, bowels, and brain function
- Supports blood vessel health, strong circulation, and a normal heart rhythm

Omega-3 Calamarine[®] gives you optimal levels of DHA, the omega-3 that the latest research says is better able to promote normal blood pressure, a lower heart rate, improved blood vessel function, and healthy triglyceride and HDL cholesterol levels.¹⁻³


If you need additional heart health support, **Omega-3 Calamarine** is a safe, simple way to add more DHA firepower to the supplements you're already taking.

Supplement Facts

2 softgels give you:

Calamarine ^{®†} Oil Concentrate (from squid)	2 g
DHA (docosahexaenoic acid)*	570 mg
EPA (eicosapentaenoic acid)*	250 mg

*As ethyl esters

 **Usage Recommendation:** Take 1 softgel twice daily with a meal.

¹Mori TA, et al. *Hypertension* 1999; 34(2):253-60. ²Mori TA, et al. *Circulation* 2000; 102(11):1264-9.

³Mori TA, et al. *Curr Opin Clin Nutr Metab Care* 2006; 9:95-104.



Actual Softgel Size



Omega-3 Calamarine[®]

60 softgels 30-day supply	Item #	Reg. Price	Your Price
BUY 5, GET 2 FREE— SAVE \$29.98	CAL70	\$104.93	\$74.95
BUY 3, GET 1 FREE— SAVE \$14.99	CAL40	\$59.96	\$44.97
1 bottle	CAL10	—	\$14.99

[†]CALAMARINE[®] is a registered trademark of Pharma Marine AS.

Think faster, sharper, better

My breakthrough **CogniBoost**[™] formula is stimulant free and 100% safe to take...even if you're on cardiovascular medicines. It features a powerful American ginseng extract called Cereboost[™], which was shown in research to help subjects focus more intently, react more quickly, and think more clearly. These dramatic improvements occurred rapidly and lasted up to 6 hours! I also included acetyl L-carnitine and potent antioxidants in the formula to further energize and protect your brain for long-term cognitive health.




Actual Capsule Size

Supplement Facts

Three capsules give you:

Acetyl L-Carnitine (as HCl)	500 mg
Blueberry Extract (fruit)	300 mg
Cereboost ^{™†} American Ginseng Extract (root).....	200 mg
Meriva ^{®‡} Phytosome Phosphatidylcholine (from soy), Turmeric Extract (rhizome).....	100 mg

Contains soy.

 **Usage Recommendation:** Take 3 capsules once daily. For full effect, entire dose should be taken at once. For a mental boost in the afternoon, when additional mental energy and focus may be needed, take 3 additional capsules.

CogniBoost[™]

90 capsules 30-day supply	Item #	Reg. Price	Your Price
BUY 5, GET 2 FREE— SAVE \$59.98	SMB70	\$209.93	\$149.95
BUY 3, GET 1 FREE— SAVE \$29.99	SMB40	\$119.96	\$89.97
1 Bottle	SMB10	—	\$29.99

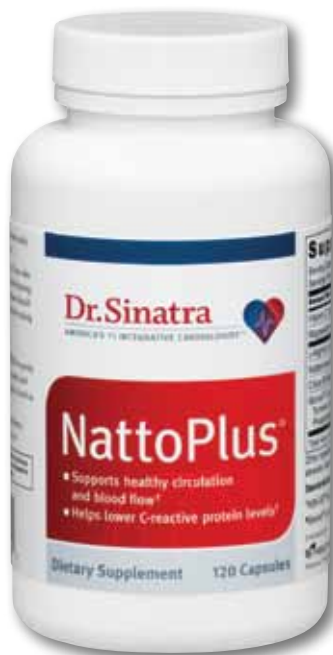
[†]Cereboost[™] is a trademark of Naturex, Inc.

[‡]Meriva[®] is a registered trademark of Indena S.p.A.

GET FREE SHIPPING with AutoDelivery, Call 1-800-304-1708

Premium Omega-3 Supplements

Thin your blood naturally for improved circulation



Actual Capsule Size

NattoPlus:

- Defends against inflammation with powerful Meriva
- Reduces fibrin protein buildup with proprietary NSK-SD nattokinase
- Promotes proper blood viscosity for smooth circulation
- Promotes healthy blood pressure

Healthy circulation requires proper blood thickness and strong, capable blood vessels. My unique **NattoPlus**® formula addresses both with potent, clinically researched ingredients that keep your blood flowing smoothly throughout your body and re-energize your muscles and limbs for good health.

NattoPlus features NSK-SD® nattokinase—a patented fermented soybean extract that works much like your body’s own plasmin to reduce fibrin proteins that can build up in your bloodstream, cause sluggish circulation, and force your heart to pump harder to keep blood moving as it should. It also helps support your body’s normal blood clotting mechanism and helps you maintain normal blood pressure.

Now with more potent inflammation protection

My **NattoPlus** formula also includes a combination of potent antioxidants to protect your entire circulatory system, including the remarkable nutrient, Meriva®.

Meriva is a special turmeric extract with a curcumin active ingredient that’s **45 times better absorbed** than ordinary curcumin for extraordinary inflammation-fighting power.

Supplement Facts

Four capsules give you:

Vitamin C (as magnesium ascorbate)	516 mg
Magnesium (as ascorbate, glycinate).....	100 mg
Nattokinase (from soy) [†]	100 mg
L-Arginine (as HCl)	1,000 mg
Citrus Bioflavonoid Complex.....	100 mg
Meriva® [‡] Curcumin Phytosome	
Turmeric Extract (rhizome),	
Phosphatidylcholine (from soy)	100 mg

Contains soy.

Usage Recommendation:

Take 2 capsules twice daily before morning and evening meals.

NattoPlus®			
120 capsules 30-day supply			
	Item #	Reg. Price	Your Price
BUY 5, GET 2 FREE— SAVE \$69.98	CAS70	\$244.93	\$174.95
BUY 3, GET 1 FREE— SAVE \$34.99	CAS40	\$139.96	\$104.97
1 Bottle	CAS10	—	\$34.99

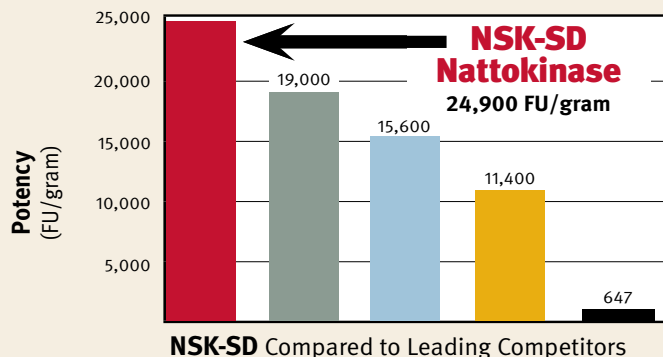
[†]NSK-SD® is a registered trademark of JBSL.

[‡]Meriva® is a registered trademark of Indena S.p.A.

WARNING: Do not take this product if you are taking Coumadin® (warfarin) or other blood thinning products. Pregnant or lactating women should consult a health care professional before taking this product.

NSK-SD nattokinase—More potent than other forms and clinically shown to improve blood flow

The NSK-SD nattokinase in **NattoPlus** is 2–3 times more potent than most other nattokinase products, and it’s the only nattokinase shown in clinical research to naturally thin your blood, keep your blood vessels open, and support smooth blood flow.



JBSL Analysis Report, March 4, 2004. (as reported in NSK-SD® Superior Nattokinase for Cardiovascular Health).

Reduce nighttime urinary frequency while promoting healthy prostate size and function

Cutting-edge prostate solution:

- Reduces urinary frequency—even at night!
- Promotes normal urinary flow and complete emptying of bladder
- Supports healthy prostate tissue
- Protects against free-radical damage to your prostate

For years, my **Prostate Solutions**® formula has helped men support healthy prostate size and function as they age, minimizing troubling urinary symptoms, including an increase in frequency, a decrease in flow, and incomplete emptying of the bladder. But I always stay on top of the latest research in the hopes of finding groundbreaking nutrients that can improve on this success. Recently I found just that in a remarkable flower pollen extract called Graminex G63™.

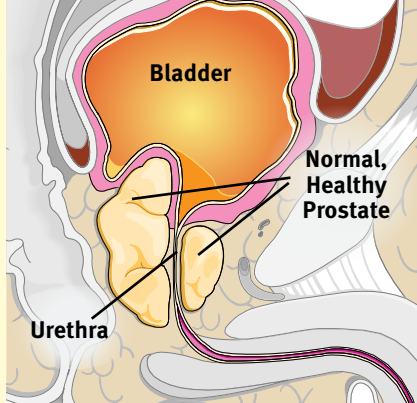
Protect your manhood naturally

This astonishing nutrient contains a wealth of health-supporting elements, including peptides, fatty acids, vitamins, minerals, nucleic acid, phytosterols, flavonoids, and antioxidants. And it's totally non-allergenic, thanks to an advanced extraction process that removes the outer portion of the pollen grain, leaving the therapeutic inner layer intact.

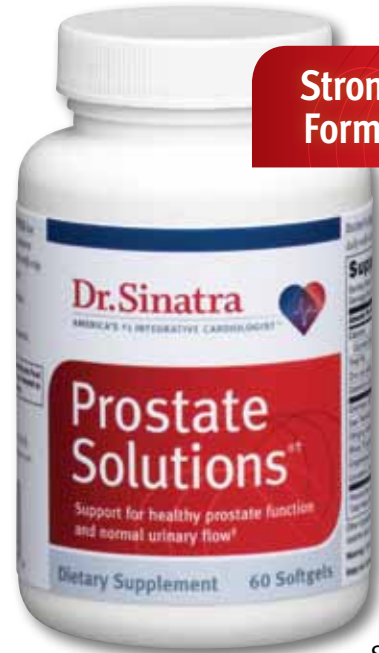
I chose Graminex G63 as the key to my clinically designed **Prostate Solutions** formula for its ability to nourish and support prostate health in many ways, but most of all because abundant [human clinical research shows it can significantly reduce nighttime trips to the bathroom](#)—one of the biggest complaints I hear from patients with prostate concerns.

You get the full 400 mg research dose of Graminex G63 each day, plus a robust lineup of tried-and-true prostate health supporters, including saw palmetto, stinging nettle extract, zinc, selenium, and more. Together, I believe they provide the strongest, most effective natural solution ever for prostate health.

Your Healthy Prostate



A healthy-sized prostate means less pressure on your urethra for normal urinary flow and frequency.



Supplement Facts

Two softgels give you:

Calories	20
Calories from Fat.....	20
Total Fat.....	2 g
Zinc (as oxide).....	15 mg
Selenium (as selenomethionine)	50 mcg
Graminex G63™* Flower Pollen.....	400 mg
Saw Palmetto Extract (berry)	320 mg
Stinging Nettles Extract (root)	200 mg
Mixed Tocopherols (from soy)	25 mg
Grape Seed Extract	25 mg
Lycopene (from tomato fruit).....	2 mg

Usage Recommendation:

Take 2 softgels once daily with a meal.

Prostate Solutions®			
60 softgels 30-day supply	Item #	Reg. Price	Your Price
BUY 5, GET 2 FREE— SAVE \$59.98	PRS70	\$209.93	\$149.95
BUY 3, GET 1 FREE— SAVE \$29.99	PRS40	\$119.96	\$89.97
1 bottle	PRS10	—	\$29.99

*Graminex G63™ is a trademark of Graminex LLC.

WARNING: Women should not take this product.

Ask how to get FREE SHIPPING FOR LIFE, call 1-800-304-1708 today

Cardiologist formulated

A powerful heart, healthy circulation, strong muscles and bones...all just one drink away!

Delicious Pomegranate-Berry Flavor •
No Artificial Sweeteners



Just mix with water & enjoy!

Supplement Facts

1 Packet gives you:

Calories	20
Total Carbohydrate	5 g
Sugars	5 g
Vitamin C (as ascorbic acid)	1,000 mg
Vitamin D (as cholecalciferol)	1,000 IU
Vitamin B6 (as pyridoxine HCl)	10 mg
Folate (as methyltetrahydrofolic acid glucosamine salt)	100 mcg
Vitamin B12 (as methylcobalamin)	25 mcg
Magnesium (as magnesium citrate)	100 mg
Zinc (as zinc oxide)	5 mg
Selenium (as selenomethionine)	25 mcg
Manganese (as manganese sulfate)	0.5 mg
Chromium (as chromium polynicotinate)	50 mcg
Potassium (as potassium carbonate, potassium phosphate, potassium bicarbonate)	500 mg
Aquamin™ Sea Trace Mineral Blend	10 mg
Antioxidant Blend	100 mg
Red Grape Skin Extract, Grape Seed Extract	
Vanadium (as vanadyl sulfate)	50 mcg

Usage Recommendation:

Mix 1 packet with 6–8 ounces of water and drink. May be taken as needed.

For complete ingredient list, please visit drsinatra.com.

ElectrolytePLUS Cardio			
30 packets	Item #	Reg. Price	Your Price
BUY 5, GET 2 FREE— SAVE \$49.98	SER70	\$174.93	\$124.95
BUY 3, GET 1 FREE— SAVE \$24.99	SER40	\$99.96	\$74.97
1 box	SER10	—	\$24.99

Someone once told me, “If you eat bananas until you’re 99, you’ll live to be almost 100.”

I got a good chuckle out of it, but all joking aside, it’s essentially a clever way of explaining how important potassium is as we age (and bananas are a great source!).

Potassium plays a critical role in regulating your heart beat and falls into a group of electrically charged nutrients called electrolytes.

Maintaining not only healthy levels, but the proper balance of electrolytes—potassium, magnesium, and sodium, to name a few—is critical to energy production and conveying electrical messages from your brain to your heart, muscles, organs, and cells, ensuring proper function.

Unfortunately, many common heart meds, illness, poor digestion, and even sweating can drain your electrolytes to dangerously low levels.

250% MORE potassium and 100% MORE magnesium than most sports drinks

But only 20 calories and a fraction of the sugar. Just tear open a packet and pour it into a glass of water for a deliciously fizzy, berry-flavored drink packed with:

- 14 nutrients and 76 sea minerals
- 1,000 mg of vitamin C for added immune support
- 1,000 IU of vitamin D for strong bones and muscles
- A potent heart-healthy antioxidant blend
- Powerful nutrients for healthy cholesterol and blood pressure
- Support for lasting energy, a strong heart beat, and balanced electrolytes

ElectrolytePLUS Cardio is a convenient and delicious way to naturally boost your electrolytes, protect your heart, strengthen your muscles, and more.

PLUS, if you’re not convinced that **ElectrolytePLUS Cardio** is working for you, simply send it back within 90 days for a full refund.

Protect your heart—order today!



Healthy blood pressure has never been easier!



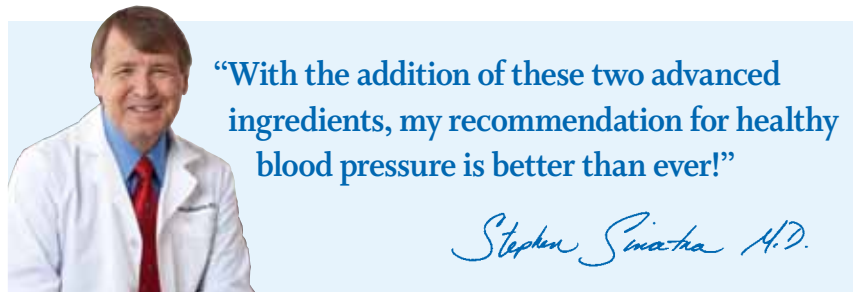
Advanced BP Support gives you:

- **MegaNatural-BP Grape Seed Extract**—an antioxidant powerhouse clinically shown to support healthy systolic and diastolic blood pressure
- **PharmaGABA**—a concentrated, bioactive form of GABA shown to help regulate stress response and cortisol levels to keep blood pressure steady
- **Tried and True! Hawthorn Extract and Magnesium**—to promote strong, elastic blood vessels and healthy vessel dilation, plus support normal sodium excretion and water balance for healthy blood pressure

For years, my tried-and-true, natural blood pressure support formula has focused on Hawthorn and Magnesium—two powerful nutrients that promote blood vessel strength and elasticity, while regulating sodium and water balance.

Recently, however, I was thrilled to discover a powerful ingredient called MegaNatural®-BP Grape Seed Extract. This extraordinary patented compound is rich in flavonoids and polyphenols that naturally increase blood vessel dilation to promote healthy blood flow and blood pressure. I was so impressed with the research results and blood pressure benefits of MegaNatural that I made it a centerpiece in my **Advanced BP Support** formula.

I paired MegaNatural with another blood pressure support breakthrough called PharmaGABA™. This is a highly concentrated form of an amino acid that helps regulate your body's stress response, including tempering cortisol levels, to support normal blood pressure. This is exciting news because, for the first time ever, you can address the psychological side of blood pressure, which has long been a missing link in supplement formulas.



Supplement Facts

4 capsules give you:

Magnesium (as glycinate, citrate, malate).....	250 mg
Hawthorn Extract (leaf and flower).....	600 mg
MegaNatural®-BP* Grape Seed Extract.....	150 mg
PharmaGABA™ Gamma Amino Butyric Acid†.....	50 mg

Usage Recommendation:

Take 4 capsules once daily with a meal.

Advanced BP Support			
120 capsules 30-day supply	Item #	Reg. Price	Your Price
BUY 5, GET 2 FREE— SAVE \$69.98	BPS71	\$244.93	\$174.95
BUY 3, GET 1 FREE— SAVE \$34.99	BPS41	\$139.96	\$104.97
1 bottle	BPS11	—	\$34.99

M MegaNatural®-BP is a registered trademark of Polyphenolics, a division of Constellation Wines US, Inc. and is produced under US patent 6,544,581, other patents pending.

*PharmaGABA™ is a trademark of Pharma Foods International Co., Ltd. (Japan)

WARNING: If you are taking blood pressure medication, digoxin or other glycosides (digitalis), or are pregnant or lactating, consult a health care professional before taking this product.

GET FREE SHIPPING with AutoDelivery, Call 1-800-304-1708

Fortify and energize your body for as little as \$19.99



Heart and bone support

Magnesium is absolutely vital for proper heart function and healthy blood pressure, along with optimal bone and muscle strength. Yet, deficiencies can be caused by mental and physical stress and the use of certain medications.

I formulated my **Broad Spectrum Magnesium** with research doses of four highly absorbable forms of magnesium to give you broad coverage of an essential nutrient in the special forms that your cells can use most efficiently.

This unique blend provides more comprehensive and reliable support for your cardiovascular health than ordinary magnesium supplements.

Broad Spectrum Magnesium			
120 capsules 30-day supply			
	Item #	Reg. Price	Your Price
BUY 5, GET 2 FREE— SAVE \$39.98	MGC70	\$139.93	\$99.95
BUY 3, GET 1 FREE— SAVE \$19.99	MGC40	\$79.96	\$59.97
1 bottle	MGC10	—	\$19.99



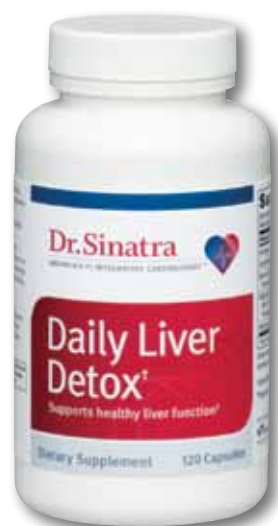
Refuel your heart's engine!

Your heart runs on a fuel called ATP—every cell in your body turns nutrients into ATP, and your heart burns more of this fuel than any other organ.

RiboBoost® M supplies D-ribose, the most important ingredient in ATP. Research shows that boosting your D-ribose supplies can supercharge cellular energy, reduce fatigue, and boost heart function.

And **RiboBoost** makes it easy to get a heart-boosting supply of D-ribose. Simply stir 1 scoop into 6–8 ounces of milk or juice, or sprinkle over cereal, sliced fruit, pudding, or applesauce, and enjoy!

RiboBoost® M			
12 oz. 56 servings			
	Item #	Reg. Price	Your Price
BUY 5, GET 2 FREE— SAVE \$109.98	RIB73	\$384.93	\$274.95
BUY 3, GET 1 FREE— SAVE \$54.99	RIB43	\$219.96	\$164.97
1 bottle	RIB13	—	\$54.99



Critical liver support

My **NEW Daily Liver Detox** features Siliphos® Milk Thistle Phytosome, which helps protect your liver from the toxins it works with and supports optimal liver function. This advanced form of milk thistle has been shown in human clinical studies to be 3–4 times better absorbed than standard milk thistle and was better able to support normal levels of critical liver enzymes, including γ -GT, ALAT, and ASAT.

I also included a proprietary antioxidant blend and potent levels of N-acetyl L-cysteine, artichoke extract, and alpha lipoic acid to stimulate and support your body's natural detoxifying processes.

Contains soy.

Daily Liver Detox			
120 capsules 30-day supply			
	Item #	Reg. Price	Your Price
BUY 5, GET 2 FREE— SAVE \$69.98	LKS71	\$244.93	\$174.95
BUY 3, GET 1 FREE— SAVE \$34.99	LKS41	\$139.96	\$104.97
1 bottle	LKS11	—	\$34.99

The Healthy Directions Difference—A Higher Standard

When it comes to your health, we hold ourselves accountable to a higher standard. For over 20 years, we've delivered **premium guidance, products, and services** from leaders in alternative and integrative medicine, and Dr. Sinatra has been part of our family since 1995. Through our **stringent quality standards and Triple-Testing Philosophy™**, we've earned a record of sterling safety and incomparable service. Healthy Directions is the **#1 provider of doctor-formulated nutritional supplements** and will always strive to exceed your expectations.



Calcium belongs in your bones, not in your bloodstream

When it comes to healthy bones, everyone points to calcium...but vitamin K2 has been demanding equal attention and with good reason.

Like calcium, vitamin K2 helps support healthy bones and promotes bone density. But it also aids in calcium absorption, keeping it out of your bloodstream and in your bones where it's needed most, offering dual protection for overall bone strength.

K2 also helps promote healthy blood clotting which is vital to circulation and overall cardiovascular health.

And you'll get 150 mcg of **MK-7** in the form most readily absorbed by your body. Order now!



**NEW,
easier-to-swallow
softgels**

MK-7 30 softgels, 30-day supply	Item #	Reg. Price	Your Price
BUY 5, GET 2 FREE—SAVE \$39.98	HMK71	\$139.93	\$99.95
BUY 3, GET 1 FREE—SAVE \$19.99	HMK41	\$79.96	\$59.97
1 bottle	HMK11	—	\$19.99

Protect your bones, immune system, and more

Vitamin D is best known for its bone-building benefits, but growing research confirms it fortifies your immune system, maintains muscle strength, and enhances cardiovascular health.

Vitamin D also helps balance and elevate mood and is well-documented for its antioxidant powers—protecting every cell in your body from the age-promoting ravages of free-radical damage.

And my **Vitamin D** delivers a full 2,400 IU of vitamin D3—the most potent, natural, and absorbable form of vitamin D.

**Free-radical
fighter!**



Vitamin D 60 softgels, 30-day supply	Item #	Reg. Price	Your Price
BUY 5, GET 2 FREE—SAVE \$19.98	VDH71	\$69.93	\$49.95
BUY 3, GET 1 FREE—SAVE \$9.99	VDH41	\$39.96	\$29.97
1 bottle	VDH11	—	\$9.99

Ask how to get FREE SHIPPING FOR LIFE, call 1-800-304-1708 today

“You have redefined my concept

The breakthrough I’m about to introduce you to doesn’t just help extend your lifespan... it extends your *youth span*. Extending your youth span means, slowing the aging process while ensuring that you continue feeling young, vibrant, and energized every single day.

My research team pulled nature’s most potent anti-aging nutrients from the sea, the earth, and the sun. And the result is **Seanol® Longevity Plus**, a three-pronged anti-aging solution so powerful, not only do I recommend it to every one of my patients—I take it every day.

1 Ancient secret helps you feel younger with each passing day!

Nature’s most powerful anti-aging solution was discovered off the coast of Korea over 2,000 years ago. And thanks to a \$39 million research project, modern science has proven that **Seanol**, a brown seaweed extract, is **one of the most powerful ways to slow the aging process.**

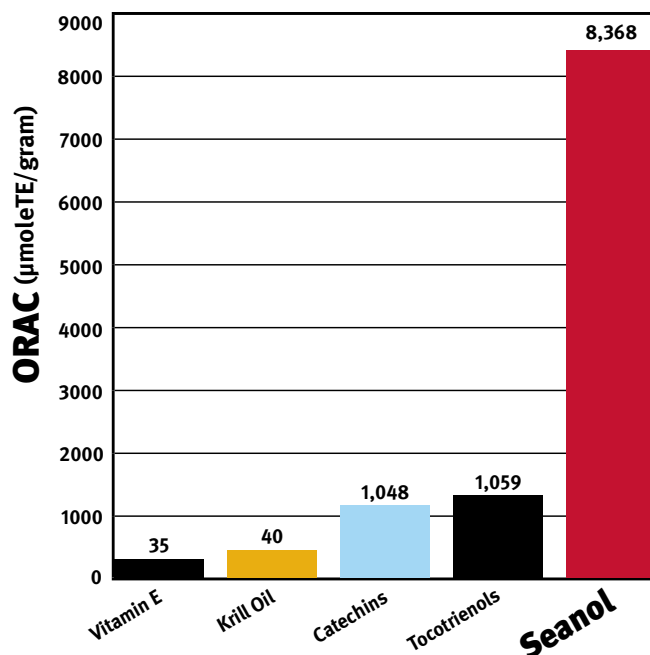
Packing 100 times the anti-aging power of green tea, **Seanol** protects your body against the dangers of free radicals 24 times longer as well. Ensuring you can **feel younger, healthier, and more energized every hour of your day.**

2 Switch on your “longevity gene” and revitalize your youth span

Resveratrol, a potent antioxidant, found in the skin of red grapes, has shown **tremendous benefits for the heart and in the fight against the aging process.**

In 2003, Harvard University researchers proved that resveratrol activates a gene called *sirtuin*—the gene most directly responsible

Up to 100 times the power of other antioxidants



Pure Seanol for antioxidant support



Seanol is a unique extract from *Ecklonia cava*, an extraordinary seaweed found in the deep ocean waters off the coast of South Korea. Surviving this environment’s severe temperature fluctuations has allowed *Ecklonia cava* to evolve into an astounding antioxidant powerhouse. In fact, over \$39 million in research confirms that **Seanol** has 10 to 100 times more free radical-quenching muscle than any other antioxidant known to man!

For greater antioxidant power, upgrade to Seanol Longevity Plus now!

Supplement Facts

Two capsules give you:

Iodine 12 mcg
Brown Seaweed
(*Ecklonia cava*) Extract[†] 720 mg

Usage Recommendation:

Take 2 capsules once daily with a meal.

Special Limited-Time Offer!

Seanol® 60 capsules 30-day supply	Item #	Reg. Price	SALE Price
BUY 5, GET 2 FREE— SAVE \$73.98	SEA70	\$223.93	\$149.95
BUY 3, GET 1 FREE— SAVE \$37.99	SEA40	\$127.96	\$89.97
1 bottle—SAVE \$2.00	SEA10	\$31.99	\$29.99

[†]Seanol® is a registered trademark of Simply Healthy, LLC.

of aging!”

for your lifespan. Activating your longevity gene means **extending not only your lifespan, but your youth span.**

And the *resveratrol* you'll get in each daily serving of **Seanol Longevity Plus** is the ONLY form backed by successful human clinical trials and proven to **enhance blood vessel flexibility** by an **astounding 62% for healthy blood pressure.**

3 Feel like every day is a warm, sunny spring afternoon

There's a reason we feel energized by a warm, sunny day. That's because the sun's rays allow the body to produce vitamin D3.

Vitamin D helps balance and elevate mood and is well-documented for its role in maintaining bone health. Plus its antioxidant powers protect your heart, cells, and immune system from the age-promoting ravages of free-radical damage.

That's why I made absolutely certain that we used vitamin D3 in **Seanol Longevity Plus**. It's absorbed up to three times better than forms you might find in cheap grocery store vitamins.

So why wait? Put **Seanol Longevity Plus** to work today—feel younger, protect your heart, and redefine your concept of aging.

If you aren't thrilled with the results, simply call us within 90 days for a prompt and courteous refund.

Supplement Facts

Two capsules give you:

Vitamin D (as cholecalciferol)	600 IU
Iodine.....	12 mcg
Brown Seaweed (<i>Ecklonia cava</i>) Extract [†]	600 mg
Trans Resveratrol [†]	30 mg

 **Usage Recommendation:** Take 2 capsules once daily.

Special Limited-Time Offer!

Seanol® Longevity Plus 60 capsules, 30-day supply	Item #	Reg. Price	SALE Price
BUY 5, GET 2 FREE—SAVE \$94.98	ESL70	\$244.93	\$149.95
BUY 3, GET 1 FREE—SAVE \$49.99	ESL40	\$139.96	\$89.97
1 bottle —SAVE \$5.00	ESL10	\$34.99	\$29.99

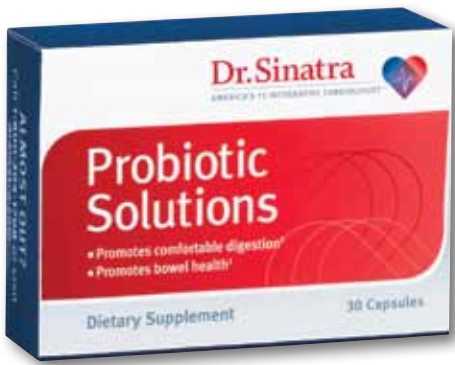
[†]Seanol® is a registered trademark of Simply Healthy, LLC.
[†]resVida® is a registered trademark of DSM Nutritional Products, Inc.



Seanol Longevity Plus shatters the rules of aging!

- **Feel younger** with 100 times the youth-restoring power of green tea
- **Ideal cholesterol and triglyceride support** plus protection for your heart and blood vessels
- **A healthy metabolism and balanced blood sugar levels**
- **Real, lasting, natural energy** without jitters and without crashes
- **Stay active and on the go** while ensuring strong bones and healthy joints
- **And so much more!**

Save over 35% when you order your risk-free supply today



Actual Capsule Size

Supplement Facts

One capsule gives you:

Lactobacillus plantarum 299v10 billion CFU

Contains soy.

Usage Recommendation: Take 1 capsule daily with a meal.

Probiotic Solutions			
30 capsules 30-day supply			
	Item #	Reg. Price	Your Price
BUY 5, GET 2 FREE— SAVE \$49.98	PBS70	\$174.93	\$124.95
BUY 3, GET 1 FREE— SAVE \$24.99	PBS40	\$99.96	\$74.97
1 box	PBS10	—	\$24.99

Soothe your irritable bowel with the heart healthy probiotic

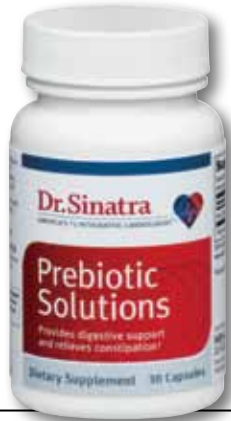
Probiotic Solutions:

- Delivers 10 billion friendly bacteria to your gut for improved digestive health
- Relieves symptoms of an irritable bowel, including gas and bloating
- Supports healthy circulation and blood viscosity
- Helps to maintain normal blood pressure and cholesterol levels

Probiotic Solutions contains a remarkable probiotic strain—*Lactobacillus plantarum* 299v (Lp299v) that supports normal cholesterol levels and healthy blood pressure, as well as comforting your irritable bowel and improving your digestion.

You get an incredible 10 billion CFUs (colony forming units) of these healthy bacteria in each daily dose of **Probiotic Solutions**. This is the exact amount shown in research to address irritable bowel issues. So, each easy-to-swallow capsule delivers superior support for your digestive system and your heart!

Helps your probiotic work harder



Supplement Facts

One capsule gives you:

Kiwi Extract (fruit)[†]600 mg

Usage Recommendation: Take 1 capsule daily with a meal.

[†]Actazin™ is a trademark of Anagenix LTD.

Prebiotic Solutions			
30 capsules 30-day supply			
	Item #	Reg. Price	Your Price
BUY 5, GET 2 FREE— SAVE \$39.98	SPS70	\$139.93	\$99.95
BUY 3, GET 1 FREE— SAVE \$19.99	SPS40	\$79.96	\$59.97
1 bottle	SPS10	—	\$19.99

Gentle, natural constipation relief

Prebiotic Solutions:

- Softens stools without gas or bloating
- Improves bowel motility and stool transit time
- Clinically studied 3-way action for improved gut health
- Improves the effectiveness of probiotic supplements

My **Prebiotic Solutions** helps the probiotic you take work harder for comfortable digestion. This advanced formula features Actazin™—a rare kiwifruit extract that breaks down hard-to-digest proteins so you'll have less gas and bloating, stimulates gut motility, and even “feeds” and nourishes your probiotics to help keep your intestinal bacteria balanced and strong.

For relief from constipation and its side effects, take 3 capsules a day for 1 week and then continue with 1–2 capsules per day. A daily dose of 1–2 capsules per day helps improve bowel motility and stool transit time, and improves intestinal flora.

When it comes to broad-spectrum multivitamins, One size does not fit all.

A lifetime of natural energy, a healthy metabolism, a sharp mind, a powerful immune system, and anti-aging protection starts with a high-quality, high-potency multi-nutrient formula.

And that's exactly what my brand-new **Heart Healthy Multivitamin** delivers. Not just vitamins, but the minerals, botanical extracts, and targeted nutrients you need to look and feel your best.

Plus an added supply of the nutrients most typically depleted by today's common heart medications.

But then I took the *one size does not fit all* concept a step further...



Introducing... Heart Healthy Multivitamin for Men and for Women

Heart Healthy Multivitamin for Men* includes added zinc, selenium, pumpkin seed extract, lycopene, and more—each shown to offer superior prostate support. A common concern as men age. With less calcium than the women's blend, another factor for promoting prostate health.

Heart Healthy Multivitamin for Women* offers higher levels of magnesium and calcium to ensure strong healthy bones. Plus a youth-enhancing blend of biotin, silicon, lutein, and alpha lipoic acid for healthy hair, skin, and nails. And we rounded out the women's formula with boron and flax lignans to help balance hormones and support breast health.

*See pages 20–21 for a detailed ingredients list.

Heart Healthy Multivitamin for Men			
120 tablets, 30-day supply	Item #	Reg. Price	Your Price
BUY 5, GET 2 FREE—SAVE \$39.98	DNM70	\$139.93	\$99.95
BUY 3, GET 1 FREE—SAVE \$19.99	DNM40	\$79.96	\$59.97
1 Bottle	DNM10	—	\$19.99

Heart Healthy Multivitamin for Women			
120 tablets, 30-day supply	Item #	Reg. Price	Your Price
BUY 5, GET 2 FREE—SAVE \$39.98	DNW70	\$139.93	\$99.95
BUY 3, GET 1 FREE—SAVE \$19.99	DNW40	\$79.96	\$59.97
1 Bottle	DNW10	—	\$19.99

Whether you're a man or a woman, my **Heart Healthy Mutivitamin** is clinically designed to work safely alongside your current medications

Looking for all-day energy, immune support, heart health, and more? Give your body the daily supply of nutrient support you can feel. Try my **Heart Healthy Multivitamin** risk-free today!

Ask how to get **FREE SHIPPING FOR LIFE**, call **1-800-304-1708** today



Formulated for Men...

with exclusive blends for heart and prostate health

Supplement Facts

Four tablets give you:

Vitamin A (from mixed carotenoids, retinyl palmitate)	5,000 IU
Vitamin C (as mineral ascorbates, ascorbic acid)	300 mg
Vitamin D3 (as cholecalciferol)	1,000 IU
Thiamine (as mononitrate)	20 mg
Riboflavin	20 mg
Niacin (as niacinamide)	40 mg
Vitamin B6 (as pyridoxine HCl)	40 mg
Folic Acid	400 mcg
Vitamin B12 (as cyanocobalamin)	200 mcg
Biotin	200 mcg
Pantothenic Acid (as calcium pantothenate)	40 mg
Iodine (from kelp)	26 mcg
Magnesium (as oxide, ascorbate)	200 mg
Zinc (as oxide)	20 mg
Vitamin E (as d-alpha tocopheryl succinate)	300 IU
Selenium (as selenomethionine)	250 mcg
Copper (as gluconate)	1 mg
Calcium (as carbonate from eggshell, ascorbate)	200 mg
Manganese (as gluconate)	1.4 mg
Chromium (as polynicotinate)	200 mcg
Men's Heart Healthy Blend Citrus Bioflavonoids, Mixed Tocopherols, Grape Seed Extract, Olive Leaf Extract, Trans Resveratrol	310 mg
Molybdenum (as chelate)	80 mcg
Silicon (as dioxide)	25 mg
Prostate Health Blend Nettle Extract (root), Pumpkin Seed Extract, Graminex G63™* Flower Pollen Extract, Lycopene (from tomato fruit)	250 mg
Lutein (from marigold flower)	2 mg
Vanadium (as sulfate)	200 mcg

Heart Healthy Multivitamin for Men

120 tablets 30-day supply	Item #	Reg. Price	Your Price
BUY 5, GET 2 FREE— SAVE \$39.98	DNM70	\$139.93	\$99.95
BUY 3, GET 1 FREE— SAVE \$19.99	DNM40	\$79.96	\$59.97
1 bottle	DNM10	—	\$19.99

Higher levels for heart and prostate support

Prostate-safe dosage

Potent, heart healthy antioxidants

Breakthrough prostate support

*Graminex G63™ is a trademark of Graminex LLC.



Usage Recommendation: Take 4 tablets daily with a meal. Contains egg.

Introducing A broad-spectrum multivitamin clinically designed with your heart health in mind...

My MEN'S formula offers...

- The energy, focus, and endurance a man needs
- Added support for prostate and sexual health
- A heart-healthy blend of antioxidants
- A prostate-safe dose of calcium

Formulated for Women...

with unique heart, breast, hormone,
and bone nutrients

Supplement Facts

Four tablets give you:

Vitamin A (from mixed carotenoids, retinyl palmitate)	5,000 IU
Vitamin C (as mineral ascorbates, ascorbic acid)	300 mg
Vitamin D3 (as cholecalciferol)	1,000 IU
Vitamin E (as d-alpha tocopheryl succinate)	100 IU
Thiamine (as mononitrate)	20 mg
Riboflavin	20 mg
Niacin (as niacinamide)	40 mg
Vitamin B6 (as pyridoxine HCl)	40 mg
Folic Acid	400 mcg
Vitamin B12 (as cyanocobalamin)	200 mcg
Biotin	500 mcg
Pantothenic Acid (as calcium pantothenate)	40 mg
Iodine (from kelp)	26 mcg
Magnesium (as oxide, ascorbate)	250 mg
Zinc (as oxide)	15 mg

Calcium (as carbonate from eggshell, ascorbate)	500 mg
Selenium (as selenomethionine)	200 mcg
Copper (as gluconate)	1 mg

Women's Heart Healthy Blend Citrus Bioflavonoids, Green Tea Extract (leaf), Mixed Tocopherols, Grape Seed Extract, Olive Leaf Extract, Trans Resveratrol	410 mg
Manganese (as gluconate)	1.4 mg
Chromium (as polynicotinate)	200 mcg

Cranberry Extract (fruit)	100 mg
Molybdenum (as chelate)	80 mcg

Hormone & Breast Health Blend Flax Lignans, Boron Chelate	52 mg
Vanadium (as sulfate)	200 mcg

Hair, Skin & Nails Blend Silicon (as dioxide), Alpha Lipoic Acid, Lutein (from marigold flower)	116 mg
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 **Usage Recommendation:** Take 4 tablets daily with a meal. Contains egg.



Heart Healthy Multivitamin for Women			
120 tablets 30-day supply	Item #	Reg. Price	Your Price
BUY 5, GET 2 FREE— SAVE \$39.98	DNW70	\$139.93	\$99.95
BUY 3, GET 1 FREE— SAVE \$19.99	DNW40	\$79.96	\$59.97
1 bottle	DNW10	—	\$19.99

Extra calcium
for strong bones

For heart and
metabolic support

For optimal
urinary health

Helps balance hormones

Build your beauty from
the inside out!

My WOMEN'S formula offers...

- Targeted support for your skin, hair, and nails
- Added calcium and magnesium for healthy bones
- Support for hormone balance and breast health
- Optimum urinary health

...And both formulas were created to further supplement the benefits of Omega Q Plus and are safe to take with your other heart medications.



GET FREE SHIPPING with AutoDelivery, Call 1-800-304-1708



Busting the Cholesterol Myth

“One of the biggest medical myths is that total cholesterol is the best measure of overall cardiovascular health. But focusing on cholesterol alone can be misleading. It’s far more important to focus on the individual lipid levels that make up your total cholesterol number and to balance the ratios of these lipids, with high HDL, low non-oxidized LDL, and normal triglycerides.”

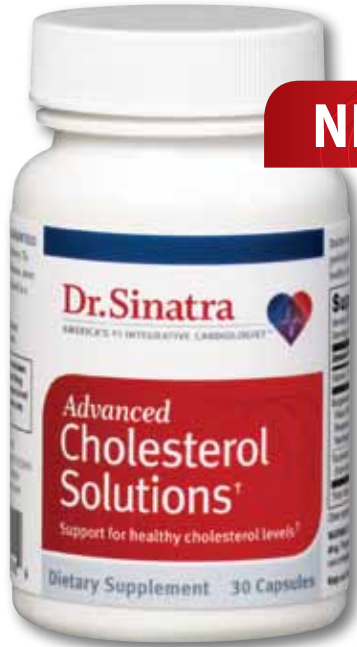
Stephen Sinatra M.D.

Dr. Stephen Sinatra
America’s #1 Integrative Cardiologist®

Get the cholesterol results that matter!

“They were shocked when I went on the *Dr. Oz Show* and told the world to stop worrying about total cholesterol levels.”

My **NEW Advanced Cholesterol Solutions** is a major advancement in all-natural cholesterol management. This powerful formula features Bergamonte®, an extraordinary citrus extract that works to promote healthy cholesterol sub-measures by increasing HDL cholesterol, while lowering LDL cholesterol and triglyceride levels. If you saw my TV appearance, then you know how strongly I feel about promoting an ideal ratio of HDL cholesterol to LDLs and triglycerides. And I believe that **Advanced Cholesterol Solutions** is the perfect solution!



NEW

Actual Capsule Size



Supplement Facts

One capsule gives you:

Vitamin C (as ascorbic acid).....	50 mg
Bergamonte®† Citrus <i>Bergamia risso</i>	500 mg
Polyphenolic Extract (from peel, 30% flavanone comprise of Neohesperidin, Naringin, and Neohesperidin, 1% Melitidine, 2% Bruteridine)	
Tocotrienol and Tocopherol Complex	10 mg (from palm fruit)

Usage Recommendation:

Take 1 capsule daily, preferably before a meal. For extra support to maintain healthy cholesterol levels, take 2 capsules once daily.

Advanced Cholesterol Solutions			
30 capsules	Item #	Reg. Price	Your Price
BUY 5, GET 2 FREE SAVE \$79.98	CHS70	\$279.93	\$199.95
BUY 3, GET 1 FREE SAVE \$39.99	CHS40	\$159.96	\$119.97
1 box	CHS10	—	\$39.99

†Bergamonte® is a registered trademark of HP Ingredients

WARNING: Do not use this product if you are on a statin drug. Pregnant or lactating women should consult a health care professional before taking this product.

Clinically studied effect on:	Bergamonte Dosage	
	500 mg	1,000 mg
LDL Cholesterol	-24.1%	-36.0%
Total Cholesterol	-21.8 %	-30.9%
HDL Cholesterol	+22.3%	+40.1%
Triglycerides	-29.9%	-38.8%
Blood Sugar	-18.9%	-22.4%

I also included a potent multi-form vitamin E complex along with vitamin C to help reduce LDL cholesterol oxidation—a crucial factor for overall vascular health. Fighting LDL oxidation and maintaining optimal cholesterol ratios are far more important than your total cholesterol level, and **Advanced Cholesterol Solutions** goes to work fast ensuring healthy cholesterol ratios and cardio health.

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				x	\$	=	\$
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Subtract 20% off your merchandise total of \$99 or more* PROMO CODE: _____							-\$
Merchandise Total After Savings							
Sales Tax: NC add 6.75%; IN add 7%							\$
Low flat-rate shipping and handling* Call now to ask about FREE SHIPPING							\$ 6.99
TOTAL							\$

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