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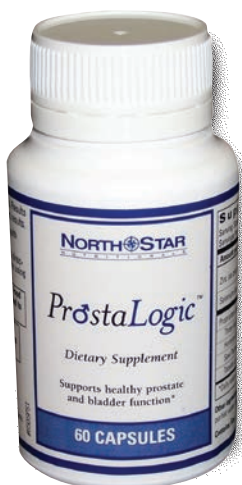


Winter 2006 • Vol. 19



Your Guide to Good Health

The first real prostate health breakthrough in over a decade!



Discover what's missing from today's most popular prostate remedies!

- ✓ All-in-one, cutting-edge breakthrough from Down Under
- ✓ Goes above and beyond saw palmetto alone
- ✓ Perfect for those looking for serious levels of support
- ✓ Everything you need to maintain a healthy prostate *and more!*

See page 6...

NEW Product Reviews:

Avoid “Gotta Go Now” panic...for good!

All day bladder control for less than you'd pay for your daily cup of coffee! See page 47



Laugh in the face of cold season!

Discover one secret nutrient that can turn your immune system into a veritable fortress! See page 23



A toast to great sex!

Why pop another pill when a rip-roaring sex life is just one drink away? Page 8





Natural solutions for better health

A message from Allan Spreen, M.D.



When I think about what men and women universally want as we go into our 50's, 60's, and beyond, one word comes to mind: *confidence*.

Whether it's knowing that we have plenty of energy to enjoy each day...confident of our sexual desire and ability to please our partners...sure that our bodies will not betray us...or sure that we're getting the absolute best nutrients we need to enjoy peak performance...our wisdom years really *can* be the best years of our life.

ProstaLogic: The new "confidence booster" for prostate and bladder health

When one of our Advisory Board members suggested combining prostate and bladder support, I wondered why I hadn't

thought of it first!

Our new ProstaLogic combines four powerful phytonutrients for an all-in-one solution to support easy urinary flow for years to come. Please see page 6 to learn more.

UtiLogic: Promote perfect urinary tract health for women

To help women achieve optimum urinary health, we're pleased to offer our all-new UtiLogic. It helps support and defend the immune system by providing targeted nutritional support—the most effective "prevention" of all! All the details are on page 30.

Please, let us know how these products are working for you. You can email us at nsncs@northstarvitamins.com or write us using the address on the enclosed order form.

Here's to your good health and happiness, from all of us at NorthStar Nutritionals

Allan Spreen, M.D.
Chief Research Advisor
NorthStar Nutritionals Research Board

P.S. For nutritionals that you use every-day, please take advantage of our free SmartShip program for FREE monthly shipping—you save \$4.95 every month, no matter how big the shipment! Details are on page 39.

P.P.S. To meet my colleagues on the NorthStar Nutritionals Research Board please turn to page 15.

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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.

Two ways to armor your prostate *fast* ...and forever!

Two amazing alternatives—one old favorite, one brand new—that could protect you against prostate *and* urinary worries for the rest of your life

By Allan Spreen, M.D.
Chief Research Advisor

I've never met the man who likes to discuss prostate and urinary issues. But in terms of long-term quality of life, staying healthy "down there" is absolutely key. And here's the thing—it's easy to give your body the specific support it needs!

We've known what supplements support perfect prostate health for a long, long time. In fact, one of NorthStar Nutritional's first—and most important—formulas is **Prostate Defense**. And it's *still* our No. 1 selling product for good reason.

High-quality, and proven ingredients

As testimonial after testimonial shows, Prostate Defense has made a big impact in the lives of thousands of men (and the women they live with!). If you're not already using it, complete details on this best-seller can be found starting on page 4.

Of course, we're always looking for better ways of helping you deal with these age-old issues. That's why it made perfect sense when one of our

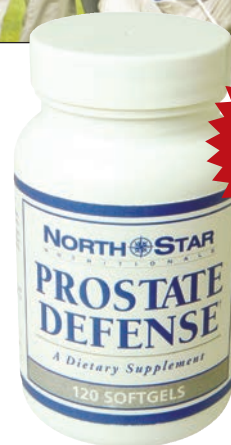
Research Board members suggested we offer a brand-new formula that *combines* prostate and bladder support.

That's because it addresses *the* key issue head-on: how the prostate can affect our urinary health! (If the prostate didn't have the potential to devastate normal urination and sexual function, do you think any of us would pay attention? Probably not!)

Prostate and bladder health are irreversibly, physiologically, intertwined.

So we're pleased to offer an all-new approach that goes *beyond* basic support. It's called **ProstaLogic**. This incredible, breakthrough formula not only supports total prostate health, it also helps tone the bladder muscles and support urinary health. (See page 6 for specific details.)

We're pleased to offer you a new level of choice: the tried and true Prostate Defense, which many men swear by. Or, for a new, higher level of support—ProstaLogic. It's a bit



A best-selling basic!

more expensive because it does "double duty," but it's also a breakthrough, total solution to two concerns that confound many men as we age.



NEW: For those who need "double duty."

If you decide to try ProstaLogic, remember that your satisfaction is 100% guaranteed. And, please drop us a note. We'd like to hear what you think of it!

Men's Health

Prostate Defense Fast Facts:

- ✓ Promotes healthy urine flow
- ✓ Strengthens sex glands to boost your libido
- ✓ Nourishes, protects and defends prostate
- ✓ Safe and natural!

By Allan Spreen, M.D.

Talking about prostates and urination is embarrassing. That's why most men try not to think about it...and end up neglecting the health of this vital gland!

Why Prostate Defense works

Prostate Defense harnesses

Prostate Defense ...For the gland men want to ignore!

Four powerful phytonutrients help keep your "plumbing" in order and let you enjoy living!

four incredibly powerful phytonutrients for prostate health—the molecules that give many healing plants their clout!

#1 Serenoa Repens: This super concentrated extract of saw palmetto has been shown to inhibit the production of both DHT and estrogen to promote prostate health and protect your manhood.

This secret powerhouse delivers almost twice the punch as powdered saw palmetto because it delivers a concentrated dose of fatty acids. Each serving of Prostate Defense contains 320 milligrams of this extract, consisting of at least 85-95% fatty acids.

#2 Pygeum Africanum: This African tree bark is

Here's what men like you are saying about Prostate Defense...



"My urine stream has improved!"

I started taking Prostate Defense about 2 months ago. My urine stream has improved!! This stuff really works for me.

—Daniel Richmond, Ohio



"Now I get up once a night"

After 12 years, I only get up once a night to use the bathroom.

—Ernest Umbrick, Oregon



"My PSA is 4.1!"

I've been using Prostate Defense for the past six months and the results are real. My PSA is 4.1! I will continue to use it and recommend it to my friends.

—Giovanni Buscante, New York



"The first product that made a difference from the first night!"

"Prostate Defense is the first product that made a difference from the first night I took it. I pass rest stops with ease. Trips are a pleasure!"

—Walter Morse, California

Try Any Product Risk-Free.

If not completely satisfied, just send it back.

Even with just one softgel left in the bottom of the bottle. We'll give you a refund of your full purchase price—not a "prorated" refund for the unused portion!

Call 1-800-895-1629 To Order Toll-Free

“My husband saw the difference and went back to NorthStar...”



“My husband has been taking Northstar’s Prostate Defense for several months. Then I saw similar products, which were cheaper, same ingredients but different quantities, so I ordered a month supply. Immediately, he saw the difference and went back to NorthStar. I thought you should know, because people always complain when they are not happy, but when something works well, you seldom hear about it.”



—Mrs. Charlee Peters, Texas

an extract to help the bladder empty and keep things flowing freely. Like saw palmetto, it also seems to regulate production of both DHT and estrogen.

#3 Nettle Root: Extracted from stinging nettle, this phytonutrient helps prevent the production of feminizing estrogen in your body.

#4 Pumpkin Seed: Rich in protective phytosterols to help keep the prostate in check. We include a generous 100 mg of this concentrated extract in every capsule.

And Prostate Defense does even more. To these four breakthroughs, we’ve added four more nutrients science has proved are critical to your prostate health: Zinc and selenium, which older men are typically short of... Vitamin E, to help maintain PSA (Prostate-Specific Antigen) levels...and lycopene, the natural substance in tomatoes that’s been making headlines for its prostate-protecting power.

If you’re still asking, “Is Prostate Defense the real deal?” read this:

The only reported “side effect” to Prostate Defense is one that most men welcome. Here’s what Franklin J. Broz of

Texas says...

GOD Bless...

“At 69 I feel like I did when I was 20 years old. I have ‘pointed’ a number of men to this product, Prostate Defense. **DO NOT STOP MAKING THIS PRODUCT!**”

Thanks and GOD Bless you guys.”

Order now and try Prostate Defense RISK FREE!

You’ll sleep through the night! Not to mention the extra kick you’ll feel when it’s time to get cozy under the covers. Order now!



SmartShip FREE SHIPPING & PRICE GUARANTEE

- **Free Shipping**
- Automatic monthly delivery—**saves time**, nothing to remember, always fresh.
- **Save over \$4.95/month** on free shipping, plus more with a 3- or 6-month supply.
- **Convenient** monthly credit card billing.
- **Locked-in** low price for an entire year!
- If not 100% satisfied, cancel any time.

Order Toll-Free, at 1-800-895-1629



Prostate Defense

SmartShip

1 Bottle/month (Item #650SV02) \$39.95/month + FREE Shipping!

Single shipment ordering

	Regular Price	You SAVE	You Pay
6-Month Supply			
6 Bottles (Item #650SV02)	\$269.40	\$49.70	\$219.70
3 Bottles (Item #650SV02)	\$129.75	\$19.90	\$109.85
1 Bottle (Item #650SV02)	\$39.95	—	\$39.95

Recommended Dosage: Take 2 capsules twice daily to help support and protect a healthy prostate.

Men's Health



ProstaLogic Fast Facts

- ✓ Six-pronged formula fights Prostate and Bladder weakness
- ✓ Helps support prostate size and function
- ✓ Helps strengthen bladder tone and function
- ✓ Increases overall comfort
- ✓ Complete, all-in-one nutritional solution
- ✓ 100% natural herbal preparation

ProstaLogic™: The all-in-one solution for prostate and bladder comfort

By Allan Spreen, M.D.

palmetto, plus lycopene, zinc and selenium.

Horsetail is a traditional herb used to support prostate health, with built-in soothing properties that calm urinary tract and sphincter function.

Opteva is a proprietary extract of Crataeva Nurvala, another traditional botanical often employed to maintain bladder health. It acts like a "spring tonic" for the bladder, encouraging good muscle tone.

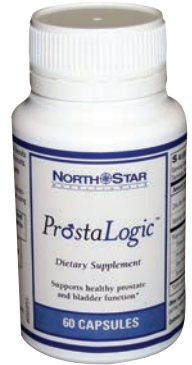
Most important, research shows this herbal actually helps men increase the power of their urine flow.

Saw Palmetto: Even the AMA admits this is a powerful pro-prostate health nutritional!

It actually helps regulate your body's tendency to turn normal testosterone into DHT as you age.

And, to give your prostate and bladder extra support, we include Zinc. The most prevalent mineral in your prostate, plus two powerful antioxidants—lycopene and selenium.

This is the easiest, all-in-one way to enjoy the comfortable bladder and prostate health you deserve. **Try it today...as always, your satisfaction is unconditionally guaranteed.**



When one of our Advisory Board members suggested combining prostate and bladder support, I wondered why I hadn't thought of it first!

After all, as we men age, urinary flow becomes increasingly important. Thus, supporting prostate AND bladder health couldn't be more critical.

ProstaLogic: Breakthrough nutritional strategy for the bladder and urethra

Research shows that *prostate health and bladder health can be directly linked*. So you need to make sure you're taking care of both sides of the equation.

ProstaLogic gives you the best of both worlds, with a combination of scientifically-researched nutritionals that support strong bladder muscles and prostate health.

An all-purpose approach

Each ProstaLogic softgel includes a proprietary blend of horsetail, Opteva, and saw



ProstaLogic



SmartShip

1 Bottle/month (Item #650SPST) \$59.95/month + FREE Shipping!

Single shipment ordering

	Regular Price	You SAVE	You Pay
6-Month Supply			
6 Bottles (Item #650SPST)	\$138.40	\$49.70	\$339.70
3 Bottles (Item #650SPST)	\$189.75	\$19.90	\$169.85
1 Bottle (Item #650SPST)	\$59.95	—	\$59.95

Recommended Dosage: Take one capsule twice daily before meals.

Turn off the TV and turn up the sexual heat with all-natural ReVitaMan!

Here's what astonished customers say about sex with ReVitaMan:

"ReVitaMan started working after I took the first capsule. Now, I have sex much more often with much better quality."

—Brian W., Pennsylvania

"Firmness and size reminiscent of my mid-twenties to mid-thirties..."

T.B., Florida

"At the age of 72, it's GREAT!!!"

Ben V., Wyoming

An all-natural formula can turn back the clock to ignite your sexual energy and pleasure.

We're talking about the alternative more and more men are raving about...ReVitaMan. Based on ancient herbal knowledge, this formula is so strong it's like throwing gas on a fire—it's that explosive!

Ancient Incan herb "Turns On" harder erections, surging desire, and volcanic orgasms

The key to ReVitaMan is an ancient Incan secret—Maca, whose properties have been known for thousands of years.

After the conquistadors conquered the mountain-dwelling Incas in 1532, over 200,000 Spaniards emigrated to this Andean mountain "paradise." But the mountains were so darned high, the air was so thin, that even breeding livestock became a daunting task—the bulls were too tired! Until they discovered a powerful secret of the Inca warriors...Maca.

This incredibly hardy herb

turned bulls and exhausted men into true sexual conquistadors, infusing them with a fantastic rush of strength, energy, and endurance.

We didn't stop with maca...ReVitaMan also includes catuaba, a well-known Brazilian tribal aphrodisiac; muiira puama, an herb Amazon tribesman call "potency wood"; gotu kola from Madagascar, which helps counter the effects of aging and helps ease stress. We then added ashwagandha, a herb that helps balance mood

swings often found in middle-age and older men, plus vitamin B complex for the healthy, responsive nerve endings needed to maximize pleasure, and L-arginine to help increase blood flow for stronger erections.

Why wait even one more minute to get the good times roaring? Order ReVitaMan today.

ReVitaMan Fast Facts

- ✓ Increased stamina
- ✓ Surging desire & strong erections
- ✓ Powerful orgasms at any age
- ✓ Safe and natural
- ✓ Guaranteed Results!



ReVitaMan

SmartShip

1 Bottle/month (Item #650SV03) \$29.95/month + FREE Shipping!

Single shipment ordering

	Regular Price	You SAVE	You Pay
6-Month Supply			
6 Bottles (Item #650SV03)	\$209.40	\$49.70*	\$159.70
3 Bottles (Item #650SV03)	\$99.75	\$19.90*	\$79.85
1 Bottle (Item #650SV03)	\$29.95	—	\$29.95

Recommended Dosage: Take 3 capsules daily to help maintain your sexual prowess.

*See page 21 to find out how you can save an additional \$10 today.

Men's Health

Argi-Vive III Fast Facts

- ✓ All-night stamina & strong erections
- ✓ Support circulation and blood flow
- ✓ Surging desire & powerful orgasms
- ✓ Safe and natural—no unpleasant side effects
- ✓ 60-day RISK-FREE Trial!



Enjoy surging stamina—well into your 60s, 70s, 80s and beyond—without popping pills! With Argi-Vive III, you can boost overall physical performance AND maintain strong libido, firm, natural erections, and surging orgasms.

Nine natural pro-sex amino acids, herbs, and vitamins, in one delicious drink

Our researchers gathered together nine of the most powerful pro-sex substances on earth and combined them into an effervescent, powdered drink. Just add water to put the fizz back in your sex life!

That's because drinking Argi-Vive III daily ensures that you get maximum absorption of all of the nutrients you need

“Thanks to Argi-Vive III...I am a new man! Thank you, NorthStar.”

Will this delicious new “sex on the rocks” drink be *your* key to renewed vigor?

for healthy sexual performance, including a full 3,000 mg of L-Arginine—one of nature's most powerful natural substances for supporting circulation and blood flow.

Get the “Sex Fuel” you need with Argi-Vive III

Argi-Vive III can help support your love life for years to come by giving you all the nutrients you need. For instance, as men get older, we

can use a little extra nitric oxide.

That's why Argi-Vive III contains L-Arginine and the ancient aphrodisiac Panax Ginseng—both help promote healthy nitric oxide levels.

Nitric oxides helps open up the blood vessels in your penis, allowing for the rush of blood you need to achieve rock-hard erections.

But that's just the beginning. Argi-Vive III also contains the world's leading natural

Hard erections, powerful libido, and all-night stamina are now as easy as drinking a glass of water...and just as safe!



Can a glass of this fizzy liquid be the key to your renewed sexual vigor?

Simply open a packet, empty the berry-flavored powder into a glass of water, then let the effervescence go to work. It's so discreet you can take it anywhere—even a crowded restaurant.

Each box comes with 30 discreet, convenient, single-serving packets. Mix one packet with 8 ounces of water a day.

Try Argi-Vive III for 60 days risk-free.

substances for revving up libido and desire, including...

- ◆ **Brazil's "desire drink":**
For generations, Brazilian tribes have stimulated sexual desire with a drink made from the bark of the catuaba tree.
- ◆ **Epimedium Grandiflorum:** Also known as horny goat weed, highly valued by Asian herbalists for boosting a man's life force or chi and increasing sexual appetite.
- ◆ **Maca:** This Peruvian herb has a history of fueling sexual desire that goes back 4,500 years to the time when the Incas relied on this root to inspire reproduction.

- ◆ **Muira Puama:** Native peoples living along the Amazon's Rio Negro river have long used the tree's bark and flowers to ignite sexual desire, enhance sexual prowess and promote a man's sexual desire and drive.
- ◆ **Ashwagandha:** Thought to increase sexual pleasure for more than 3,000 years, this Ayurvedic staple is still used to increase a man's physical stamina for better sex.
- ◆ **Gotu Kola:** One of China's most powerful aphrodisiacs! The leaves seem to work like magic to power up a man's sexual appetite, possibly by dilating blood vessels and increasing cir-

ulation to the genitals.

Argi-Vive III is also fortified with niacin and vitamin B-12, which have been shown in clinical studies to support healthy male reproductive function, including a healthy sperm count!

**Ready for a change?
Try Argi-Vive III for the
first time—Risk Free!**

Our Guarantee: If you don't experience strong erections, a surge in desire and stamina, and intense orgasms... Simply send back the unused portion of Argi-Vive III and we'll refund your full purchase price, less shipping and handling!

Order Argi-Vive III risk-free today!



"Thanks to Argi-Vive III... I am a new man! Thank you, NorthStar."

—Louis Cantrell, TN



**SmartShip
FREE SHIPPING & PRICE GUARANTEE**

- **Free Shipping**
- Automatic monthly delivery—**saves time**, nothing to remember, always fresh.
- **Save over \$4.95/month** on free shipping, plus more with a 3- or 6-month supply.
- **Convenient** monthly credit card billing.
- **Locked-In** low price for an entire year!
- If not 100% satisfied, cancel any time.

Order Toll-Free, at 1-800-895-1629

Argi-Vive III



SmartShip

1 Box/month (Item #650SARV) \$49.95/month + FREE Shipping!

Single shipment ordering

	Regular Price	You SAVE	You Pay
6-Month Supply			
6 Boxes (Item #650SARV)	\$329.40	\$49.70*	\$279.70
3 Boxes (Item #650SARV)	\$159.75	\$19.90*	\$139.85
1 Boxes (Item #650SARV)	\$49.95	—	\$49.95

Recommended Dosage: Mix one packet with 8 ounces of water every day.

*See page 21 to find out how you can save an additional \$10 today.

Heart Health

TheaChol Fast Facts

- ✓ Dramatically increases cholesterol-friendly flavonoids
- ✓ Helps protect overall heart health
- ✓ Highest potency tea extract ever offered
- ✓ Safe and natural
- ✓ Guaranteed results in weeks or your money back!

Super-concentrated TheaChol is the world's first formula that...

- ◆ Gives you the super-concentrated, flavonoid-packed goodness of green and black tea with almost no caffeine!
- ◆ Combines all the right compounds from black and green tea, without having to drink gallons of tea every day.
- ◆ Delivers all this heart-healthy goodness in ONE remarkably inexpensive softgel!

How tea helps maintain healthy levels of LDL cholesterol...

It's long been observed that traditional Asian societies have much better heart health than Westerners. One theory is that it's all the green and black tea they drink! We call it the "Chinese Advantage" and it's the science behind TheaChol.

Green and black tea are rich in flavonoids (called catechins) and theaflavins. Emerging science suggests that green tea flavonoids can help promote healthy cholesterol

Suddenly, keeping your arteries healthy is safe, easy—and remarkably cheap.

TheaChol: The practical way to enjoy the "Chinese advantage" for heart health



levels in your bloodstream.

But it gets better. According to a report published in the *Journal of Nutritional Biochemistry*, researchers believe that black tea theaflavins may help regulate both the production of cholesterol in the body and the absorption of cholesterol in the foods you eat and...actually help flush excess cholesterol **DOWN THE TOILET...**

Now there's an easy way to get the "Chinese Advantage". Easy-to-swallow TheaChol softgels give you all the benefits

Flush cholesterol with the "Chinese Advantage"—without all the caffeine!

without sipping a single cup of tea!

Try it...like it...or get back every penny...even with one pill left in the bottle!

Don't wait. Start your TheaChol regimen ASAP, and see the great results for yourself. You'll have plenty of time, because NorthStar Nutritionals also offers you a 60-day unconditional guarantee...



TheaChol

SmartShip

1 Bottle/month (Item #650STHC) \$29.95/month + FREE Shipping!

Single shipment ordering

	Regular Price	You SAVE	You Pay
6-Month Supply			
6 Bottles (Item #650STHC)	\$209.40	\$49.70	\$159.70
3 Bottles (Item #650STHC)	\$99.75	\$19.90	\$79.85
1 Bottle (Item #650STHC)	\$29.95	—	\$29.95

Recommended Dosage: Take just one softgel daily to promote a healthy heart.

Finally...a common-sense, *total* heart solution

You could spend hundreds of dollars and juggle dozens of bottles every day and not get the total support found in Heart Sense.

But now you can give your heart everything it needs with one complete formula that does it all.

Developed by a natural medicine doctor and pharmacist, Heart Sense is made from 100% natural ingredients and free from harmful side effects. It provides the most complete heart health foundation you'll ever find, at a price that won't give you a heart attack!

Designed to go *beyond* cholesterol control...

The mainstream media focuses on cholesterol. But the truth is, there's a lot more you can do to keep your heart long-term healthy that goes well beyond managing healthy cholesterol levels.

Famed nutritionist, herbalist, and pharmacist Dr. Arnold Susser actually developed Heart Sense when he was looking for some added nutritional support for his own heart. Now, the experts at NorthStar Nutritionals bring you this revolutionary formula that, according to Dr. Susser, "Puts all the latest natural heart health breakthroughs in one pill."

Here are just a few of the key nutrients Dr. Susser used, and why:

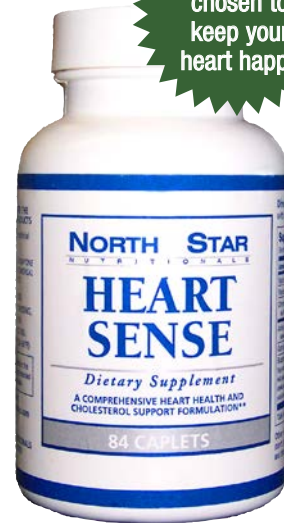
- ◆ **Gum Guggul**—to promote healthy cholesterol and triglyceride levels.
- ◆ **Active Garlic Extract**—to maintain healthy cholesterol levels and support healthy blood pressure.
- ◆ **"Flush Guard" Niacin**—Special time-released niacin seeds release gradually over a 6-hour period.
- ◆ **Chromium Polynicotinate (ChromeMate®)**—18 times more potent than other forms of chromium, helps maintain healthy cholesterol levels.
- ◆ **Vitamin B**—promote healthy homocysteine levels.

Try Heart Sense right now, Risk-Free, for only \$18.50 plus S&H. See the proof when your next blood test comes back!

Heart Sense Fast Facts

- ✓ Safeguard heart health with complete nutritional support
- ✓ Improve circulation
- ✓ Safe and natural
- ✓ Guaranteed or your money back!

22 ingredients chosen to keep your heart happy



Heart Sense

SmartShip

1 Bottle/month (Item #650SV06) \$18.50/month + FREE Shipping!

Single shipment ordering

	Regular Price	You SAVE	You Pay
6-Month Supply			
6 Bottles (Item #650SV06)	\$140.70	\$49.70	\$91.00
3 Bottles (Item #650SV06)	\$65.40	\$19.90	\$45.50
1 Bottle (Item #650SV06)	\$18.50	—	\$18.50

Recommended Dosage: Take 2 caplets twice a day with morning and evening meals.

Heart Health

CoQmelt® Fast Facts

- ✓ Energy food for your heart
- ✓ Delicious melt-away treat
- ✓ Zap free radicals
- ✓ Maintain healthy cholesterol
- ✓ Super-charge immunity & mood
- ✓ Safe & natural
- ✓ Guaranteed or your money back!

A NorthStar
Exclusive!



Give your body more of the “spark” that protects and revitalizes your whole body... especially your heart!

You’ve probably heard about Coenzyme Q10 (CoQ10). It’s a substance made by your liver that helps convert adenosine triphosphate (ATP) into the energy you need for everything from waking up, going shopping, gardening, to playing with your grandchildren...

CoQ10 acts as your body’s spark plug. If you have a lot of CoQ10, you have plenty of energy. But, since your body stores very little CoQ10, you need a constant supply to keep going—especially your heart, which requires HUGE amounts of CoQ10 to keep pumping around the clock.

Here’s the problem: even though CoQ10 is found in many of the foods you eat every day including cold-water fish like mackerel, salmon and tuna, by the time you’re 50, chances are you’re getting *less than half* of what you really

need. And that’s assuming you make excellent dietary choices all the time, aren’t under stress, and are in good health.

That’s because, no matter how well you take care of yourself, your body starts producing less and less CoQ10 naturally after age 20—until age 80, when your natural production drops by a whopping 65%! Additionally, some studies suggest that certain types of prescription drugs may lower levels of CoQ10 as well.

So, if you want high enough levels of CoQ10 to deliver a significant boost to your heart health, energy, and immune system function, you need to supplement.

Finally...CoQ10 in a “melt-in-your-mouth” treat

Frankly, a lot of people have tried various forms of CoQ10 without seeing much difference. The issue is solubility

My 6 month check up results were very good.

“I purchased one bottle of 60 tablets and used it for 2 months and just had my 6 month check up and the results were very good. So I decided to continue using the CoQmelt.®”

—James Fanning, Canada