

**Blueberries, raspberries, green tea and broccoli  
combined can't deliver the same health protection as...**

**The most powerful source of  
antioxidants ever discovered...**

**And until recently,  
we've been throwing it away!**

Dear Health Minded Friend,

When it comes to the most powerful source of protection against today's biggest health threat, believe it or not, *Juan Valdez* may have been one of the greatest minds in natural medicine.

You remember Juan, right? That humble-looking Columbian gentleman from the coffee commercials. We'd see him walking with his trusty burro through a vast field of coffee plants spread a hundred yards in every direction.

Most people never give much thought to where their coffee beans come from. And the truth is, they're not actually beans at all. They're the *seeds* of the bright red coffee *berry*.

What Juan knew, that we didn't, is that the tasty roasted *bean* we use to brew our morning coffee barely scratches the surface of the coffee story.

Because the "meat" of those shiny red berries is bursting with almost...

**One hundred times the health-protecting antioxidant  
power of that morning cup of Joe!**

I'm sure you've heard of antioxidants. But do you know why antioxidants are so important?

It's partially because they help you look and feel younger—they help support your immune system and, in turn, are a great way to stay healthy and focused, with

*(Keep reading...)*

## What can antioxidants do for me?



You already know how antioxidants help protect you against free radical damage—keeping you feeling young, healthy and energized. But they do so much more than that!

Over the next few weeks and months, while taking PomXel CB every day, don't be surprised if you start to notice your...

- ✓ **Skin becoming clear and healthy looking**
- ✓ **Hair and nails feeling stronger**
- ✓ **Energy levels increasing**
- ✓ **Plus, you're getting top-notch support for your heart and overall cardiovascular health**

An added boost of antioxidants can also act as a natural anti-inflammatory, helping to protect your heart and joints. While also protecting your DNA from being damaged by free-radicals and helping you to avoid the problems often associated with aging.

**Don't wait another minute. Turn to page 8 and order PomXel CB today.**

real, natural energy.

But they are also your only source of direct protection against free radicals—an unavoidable byproduct of everything from sun exposure to digestion. Not to mention exposure to cigarette smoke and other environmental pollutants.

Excess free radicals might be today's single biggest health threat—a cause of premature aging, DNA damage and inflammation to name a few.

### **We've been throwing away one of the most potent sources of antioxidants...until now**

Having adapted to the sun's intense ultraviolet radiation, typical of the elevation in their tropical mountain home, coffee berries are packed with more powerful antioxidants and other protective nutrients than just about any known fruit or vegetable.

The folks living in these high tropical mountain areas have long known about the incredible health-protecting secrets contained in these powerful little berries. They've used them to make teas, wines, medicines and other high-energy foods for centuries.

And until very recently, we've been throwing them away!

But as it turns out, just a small handful of these berries can deliver...

### **More antioxidant power than four pots of coffee!**

You've probably heard that freshly brewed coffee is a great source of health-protecting antioxidants. What you probably *haven't* heard is that the

majority of the coffee berry's antioxidant nutrients are lost once the seed, or *bean* as we call toll-free it, is taken from the whole berry.

And they're degraded even further once the beans are roasted and made ready for brewing.

So, even though brewed coffee is a great source of antioxidants, you're still only getting a fraction of the power hidden in the pulp of each coffee berry.

Yet, despite their incredible health-protecting power...

**You won't find coffee berries  
in any grocery store**

That's because they're difficult to transport. Coffee berries are very delicate—they spoil easily. And so it has

been far easier to just throw them away and save the sturdy bean than to spend the time and money to preserve the nutrient-rich berries.

Until now.

Van Drunen Farms, a small family-owned operation in Mexico, has found a way to extract and preserve the coffee berry's fullest power.

**A process that delivers all  
the health-protecting,  
free-radical-zapping power of the  
whole coffee berry**

And now you can put that power to work for you. Because, thanks to my colleagues at NorthStar Nutritionals, the Van Drunen's coffee berry extract is now available in just one daily easy-to-swallow

*(continued on next page...)*

**Van Drunen Farms: family-owned and committed  
to quality for over 100 years**



When it comes to recommending anything to my patients, quality is my number one concern. And the Van Drunen Farm is 100% committed to quality.

Their facilities are:

- Compliant with standardized Good Manufacturing Practices (GMPs)
- Sanitation certified and regularly inspected by independent agencies
- Organic approved
- An HACCP (hazard analysis and critical control points) facility

They believe quality starts from the ground up. Their products are carefully grown, processed to exact specifications and delivered with quality that is consistent, wholesome and functional.

I would accept nothing less for you or any of my regular patients. So turn to page 8 now and order with confidence. Or, for even faster service, call toll-free, 1-800-537-9687.

## ***Almost* as good as five to seven servings of fruit and vegetables a day**

Short of buying yourself a few bushels of coffee berries and pomegranates for the month, the extracts used to make PomXel CB are about as close as you can get to the whole-food nutrients found in each fruit. And combined, they deliver a full day's worth of health-protecting antioxidants in each capsule.

But that doesn't mean you should give up on fresh fruits and vegetables!



It's important to incorporate a variety of nutrients in your diet. And in addition to their antioxidant benefits, every fruit and vegetable on God's green earth comes loaded with a fantastic assortment of vitamins, minerals, fiber and other nutrients.

And they are all essential to a balanced diet.

You can never have too much of a good thing. And getting an assortment of powerful antioxidants every day is a very good thing.

So, while keeping a nice variety of fresh fruits and vegetables in your diet is important, adding PomXel CB to your balanced diet is the insurance you need to keep yourself healthy, feeling youthful, energized and protected from today's biggest health threats.

**Turn to page 8 now and order your RISK-FREE supply of PomXel CB.  
Or call us, toll-free, at 1-800-537-9687. Call now!**

capsule call toll-freeed, **PomXel CB.**

It delivers all the antioxidant power you need to:

- **Look younger...**
- **Feel younger and...**
- **Protect yourself from one of today's biggest health threats!**

And they didn't stop with coffee berry extract alone. The coffee berry extract

in PomXel CB is...

### **Combined with pomegranate for even more antioxidant power**

I've been writing about the benefits of pomegranate for some time now. It's been making a lot of headlines in the world of heart health lately.

Not only does preliminary research suggest that it helps promote healthy blood pressure and cholesterol levels,

but it's delicious, relatively easy to find these days and it happens to be one of the most potent sources of antioxidants.

While most human trials have been small and have not been double blind, the initial research does suggest that Pomegranate could be proven effective in preventing the oxidation of bad LDL cholesterol into its harmful plaque-building, artery-blocking form.

But, as readily available as the pomegranate is, they're not especially cheap. And they're not exactly convenient to eat either.

The juice is rather expensive too. And who needs all the extra sugar and calories. Especially since you don't get any of the healthy fiber you'd get from the whole fruit.

### Another great thing about coffee berry...

Research indicates that nutrients present in the whole coffee fruit may assist in the maintenance of healthy glucose levels.

I've written about this in my newsletter and the studies are still very preliminary. But this is absolutely a topic to keep an eye out for.

You can be sure you'll be hearing more about coffee berry's beneficial effects on blood sugar as the science continues to emerge.

**Don't wait another minute. Turn to page 8 and order PomXel CB today. Or for fastest service, call toll-free 1-800-537-9687 today. Order now!**

And that's why the pomegranate and coffee berry in PomXel CB are such a perfect match—you get all of their health-protecting, antioxidant power, without the sugar and calories of juice, and without the expense of all that fruit!

In fact...

### **PomXel CB costs a fraction of what you'd spend on an equal dose of fruits and vegetables!**

An antioxidant's power is measured in terms of its oxygen radical absorbance capacity (ORAC). It's just a fancy way of measuring how much free radical protection you're getting from a particular antioxidant.

For example, a small bowl of raspberries has an ORAC value of 1220, while an average serving of broccoli weighs in at only 890. And an eight-ounce cup of brewed coffee delivers about 100 ORACs.

To put that into perspective, doctors and nutritionists typically recommend 5,000 to 7,000 ORACs a day.

And each PomXel CB capsule contains a whopping 6574 ORACs!

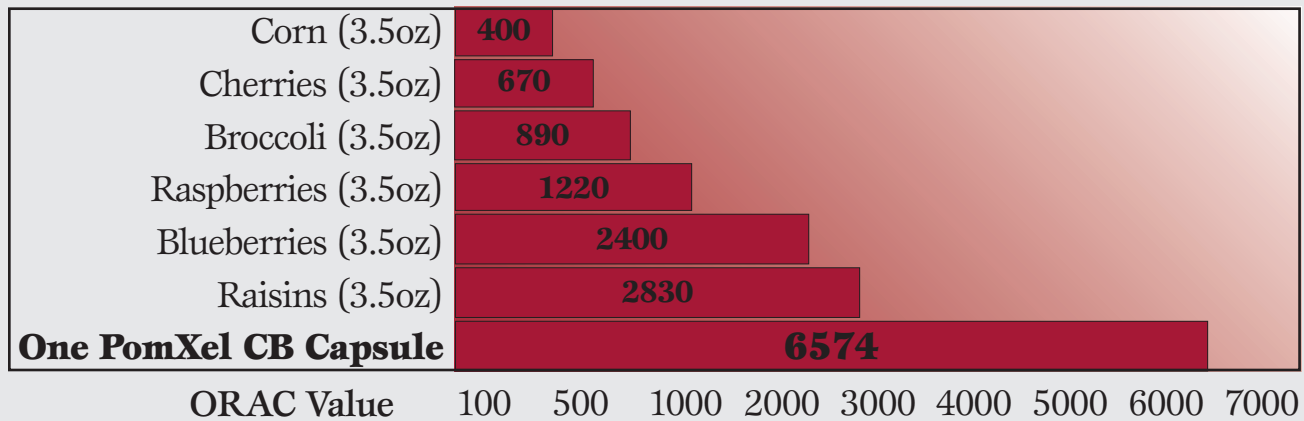
That means each PomXel CB capsule is filled with more antioxidant power than:

- **A *pound* of fresh raspberries or...**
- **A *pound* and a *half* of fresh broccoli or...**
- **More than *seven pots* of brewed coffee!**

A whole pound of raspberries could

*(continued on next page...)*

## Each PomXel CB capsule packs more antioxidant punch than...



easily run you \$12 or more. While a pound and a half of broccoli is far more affordable at about \$3 a bunch.

But keep in mind, that's what you would have to spend *every day*—between \$90 and \$360 a month—to get the same antioxidant power as PomXel CB.

Of course, you won't pay anywhere near that. In fact, you can get PomXel CB for less than a third of what you'd

spend on your monthly broccoli bill.

That's right, every single PomXel CB capsule delivers a full day's supply of energizing, health-protecting antioxidants. And at just \$29.95 for a one-month supply...

**You're actually spending less than a dollar a day!**

Plus, because you're a *Health Sciences Institute* member, NorthStar Nutritionals has extended their 100% customer satisfaction guarantee from 60 to a full 90 days.

That means, you can try PomXel CB for as long as you like, absolutely RISK-FREE. And if you don't feel that PomXel CB is the most potent source of:

- Increased energy (used to say Real natural energy) okay
- Superior free-radical protection and
- The key to looking and feeling your best

Simply return the unused portion for



**Age is just another number...**

And don't let anyone convince you otherwise. Because, the free-radical-fighting power in each PomXel CB capsule will help protect you from many of today's most common "age-related" health concerns.

a complete refund (less shipping and handling).

### Look and feel your best absolutely RISK-FREE

Antioxidants are your most important source of protection against free radicals. Plus, they are an all natural way to look younger, feel younger and at your absolute best every day.

And PomXel CB delivers a full day's supply of antioxidants in just one easy-to-swallow capsule!

So why wait? Turn to page 8 and order your risk-free supply of PomXel

today. Or, for fastest service, call toll-free your order to 1-800-537-9687. Order now!

Sincerely,

*Alan Inglis M.D.*

Alan Inglis, MD

America's Country Doctor and  
Editor of *Health Sciences Institute*

P.S. You couldn't ask for better health protection for less than \$1 a day. And I can show you how to get it for even less! See below to learn how you can save over \$49 on today's order. Or you can call toll-free, at 1-800-537-9687. Order now!

## Lock into the lowest price we'll ever offer, and never pay for shipping again...

### The easiest—and most economical—way to get your supplements...

Select the **SmartShip** option on your order form and you'll never have to worry about reordering again.

That's because when you select this FREE service, we'll automatically toll-free send you a fresh supply of supplements right when you need them. No more forms, no more phone call toll-frees, no more hassle!

Best of all, you'll **never pay for shipping** again (a savings of over \$83 a year) and you're guaranteed this special low price of \$29.95 on every order for at least 12 months. Plus you get to decide how many bottles we send and how often we send them.

You can call toll-free to change your delivery schedule, change your delivery address or cancel the SmartShip service at any time. No obligations. And no cancellation fees!

Here's how it works: just select the SmartShip option when you place your credit card order today. Then, just before your current supply runs out, we'll charge the same credit card you use today, and get a fresh supply right out to you. It couldn't be easier!

This is a totally FREE service. And you can simply call toll-free toll-free to cancel at any time—no obligations.

**Save time and money...Choose SmartShip when you place your order today!**

# Risk-Free Trial Certificate

**✓ YES!** I want to look younger, feel younger and protect myself from one of today's biggest health threats. Please rush me a RISK-FREE trial supply of PomXel CB. I understand that as an HSI member, I'm protected by an extra-long 90-day 100% customer satisfaction guarantee. I can try PomXel CB for a full three months and if I'm not 100% satisfied, I can return the unused portion at any time for a full refund (less shipping).

Please select ONE of the following options:

- GREAT DEAL!** Save over \$19 when you order a 3-month supply of PomXel CB for just \$79.85 plus \$7.95 for shipping. You pay just \$84.80.  
(POMH-650SPOM)
- GET ME STARTED!** with a 1-month supply of PomXel CB for just \$29.95 plus \$7.95 for shipping. You pay just \$34.90. (POMH-650SPOM)
- Save \$59 a year and never pay for shipping** with our FREE **SMARTSHIP** delivery service. It's the cheapest, fastest, easiest way to ensure that you never run out of PomXel CB so you can continue feeling your best. That's because we automaticall toll-freey send a fresh supply to your doorstep each month, we'll simply charge the credit card you use today and shipping is FREEt. Plus, you can call toll-free us at any time to cancel SmartShip, change your delivery schedule or the number of bottles you're receiving. It couldn't be easier! (Credit card orders only. No debit cards please.)  
(AUTO1-650SPOM)

**PAYMENT METHOD:**

- My check or money order is enclosed for \$\_\_\_\_\_ (payable to: NorthStar Nutritionals)
- Please charge my (check one):
  - DEBIT (MC/Visa)  VISA  MC  AMEX  Discover

Card No.: \_\_\_\_\_

Expires: \_\_\_\_/\_\_\_\_

Name: \_\_\_\_\_  
(As it appears on card.)

Signature: \_\_\_\_\_  
(required.)

**SHIP TO:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Telephone number: \_\_\_\_\_  
(In case we have a question about your order)

E-mail: \_\_\_\_\_  
(For an order confirmation, free health news alerts and product updates)

**ORDER TODAY!**  
**For Fastest Service Call toll-free:**  
**1-800-537-9687**  
Ask for ID# I6HHGD

**Mail to:**  
**NorthStar Nutritionals,**  
**Dept. I6HHGD**  
**P.O. Box 970 • Frederick, MD 21705-9838.**

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

**ID# I6HHGD**

Cut along dotted line and return to NorthStar Nutritionals, Dept. I6HHGD, P.O. Box 970, Frederick, MD 21705-9838. Or call toll-free 1-800-537-9687.

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