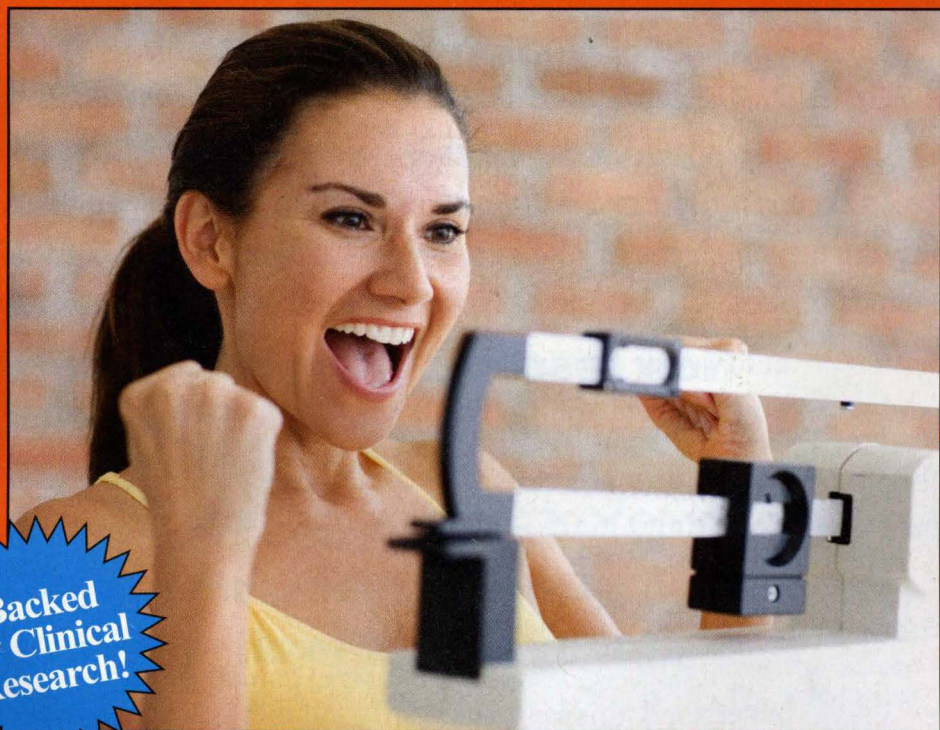


**New! Natural Secret Weapon
Dramatically Speeds Up**

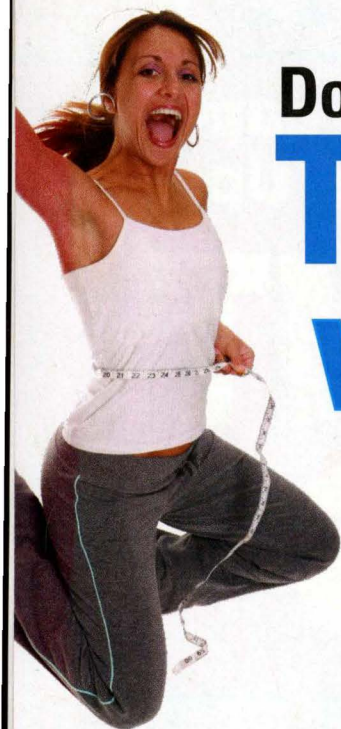
WEIGHT LOSS



**Backed
by Clinical
Research!**

**You will lose up to 30 pounds
in 90 days!** *Full story inside...*

**Dolly is 30 pounds lighter and feeling 100 times
better.** *Read her story inside...*



Do THIS and **TRIPLE** your **weight loss...** **30 Pounds** **in Just 90 Days!**

Dear Friend,

What if there was a far easier—and healthier—way to lose a significant amount of weight? I'm not talking about losing just a few pounds, but more like dropping up to 30 pounds of extra weight in just 90 days. It's not only possible...

New research proves it!

It's true! No matter which diet and exercise plan you're following, there's a powerful new secret that actually boosts your results, so you lose up to three times more weight!

The new no-gimmick approach to fast, steady weight loss!

Please understand, this isn't some silly fad diet or crazy gimmick. It's a simple, science-based new solution that attacks excess fat and promotes lean, healthy muscle mass in a completely different way.

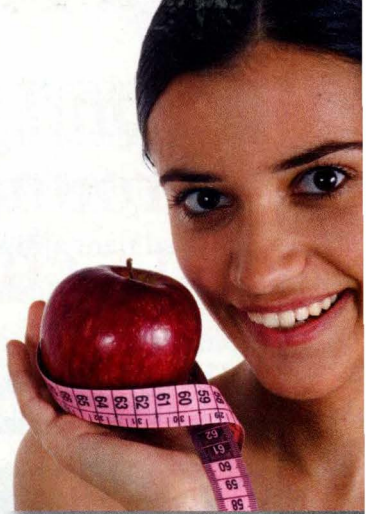
Skeptical? That's ok. You *should* be considering all the false promises and weight loss lies being thrown around out there. All I ask is that you give me a few minutes to *prove to you* that you can lose



weight rapidly...and you can do it in a safe, natural, effective way!

Instead of struggling through another month of diet and exercise to see the needle move only a pound or two, it's time to try a better way...

***TonaLean-3™*—with unique ingredients proven to help you lose three times more weight...with no risks or side effects!**



For over 25 years, I've researched, analyzed, and recommended what I believe are the best natural health cures in the world. I've been to every corner of the earth digging up little-known remedies and solutions—usually years before anyone else gets wind of them.

But in all this time, I've never come across what I considered an honest-to-goodness **weight loss breakthrough...until now**. Called ***TonaLean-3***, it's the first ever weight loss supplement that helps you with every critical aspect of weight loss in an effective way!

What's the secret of *TonaLean-3*? Three remarkable ingredients...starting with a clinically studied natural extract shown to help *triple your weight loss!*

For the first time ever!

A safe, natural supplement that...

- ✓ Helps you **lose up to 30 pounds** in 90 days, when combined with diet and exercise
- ✓ Helps **reduce body fat** percentage
- ✓ Promotes **lean, healthy muscle** mass
- ✓ Decreases hunger and helps **control appetite**
- ✓ Helps **maintain normal blood sugar** levels

And it works alongside any diet or exercise plan you're already following!

**Limited
time offer:
SAVE 15%!
Promo Code:
TRIMNOW**



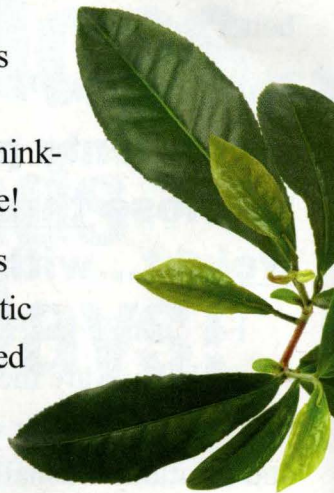
Call Toll-Free 800-861-5971

Beyond Green Tea...

A groundbreaking discovery that's changing everything

The link between green tea and weight loss has been well documented. But guess what? THEY HAD IT ALL WRONG! Contrary to traditional thinking, the weight loss has *nothing* to do with caffeine!

Until now, researchers believed that green tea's effect on your metabolism was due to the synergistic effect of caffeine and fat burning components called EGCG (catechins and epigallocatechin gallate).



Natural extract attacks excess weight in a brand-new way!

This is where the power of *TonaLean-3* begins...it includes a new discovery called GreenSelect® Phytosome that blows the green tea theory out of the water! It's all because scientists found a way to make those EGCG fat burners in green tea work *longer, stronger, and better* in your body.

And the trick was not the caffeine (GreenSelect is actually *decaffeinated*), but by adding soy phospholipids into the mix to create a powerful complex called a phytosome (more on this in a minute).

In a double-blind, placebo-controlled study (the gold standard in

Double-blind, placebo-controlled study...

Average Weight Loss Over 90 Days



research), those who took GreenSelect Phytosome for 90 days along with diet lost an average of 30 pounds—losing three times more weight than those who followed a diet only. Specifically...

Women followed a 1,350 calorie a day diet, while men had 1,850 each day. At the end of the trial, in the GreenSelect group, women experienced an average weight loss of 26 pounds, and men lost an average of 34 pounds. The participants following the diet *alone* lost an average of only 10 pounds.

The fat burning phytosome secret

The reason GreenSelect is so much more powerful than all other green tea extracts (and why I made sure it was included in *TonaLean-3*) is because it was created using an advanced technology called *phytosome encapsulation*.

These phytosomes make the EGCG fat burners in green tea **three times more bioavailable** to your body *and* keep them in your bloodstream for far longer periods of time.

Works in your system for hours!

While EGCG from regular green tea extracts needs to be replenished throughout the day, GreenSelect's EGCG is still in your system *four hours later*—at higher levels than regular extract has at just two hours! This means GreenSelect keeps **firing up your metabolism for hours**.

While this phytosome technology has been used with several other substances in recent years, like lycopene and lipoic acid, this is the *first time* chemists have been able to successfully apply it to green tea extract. And because of this, GreenSelect is the **only green tea extract proven to help you lose up to 30 pounds in just 90 days**.

***TonaLean-3* contains research levels of Green Select® Phytosome!**

Call Toll-Free 800-861-5971

**Lose up to
30 lbs in
90 days!**



Fights free radicals, too!

As if these calorie-burning benefits weren't enough, the Green-Select in **TonaLean-3** is also an antioxidant powerhouse. Why is this so important? Because the process of weight loss and exercise both produce extra free radicals that roam your body. (Free radicals are nasty little molecules that speed aging and attack tissues.)

And it's a well-known fact that taking antioxidants is the best way to fight and neutralize free radicals. That's why it's so essential to boost your antioxidant intake when dieting and exercising. With **TonaLean-3**, you get built-in free radical fighting power, so you're covered!

But this is just the beginning! **TonaLean-3** has two more boosters that help you beat the weight loss battle for good...

Are You Sabotaging Your Weight Loss?

Fact 1: It can take an average of 6 months to lose your goal weight through diet and exercise alone.

► **Adding TonaLean-3 can help you lose up to 30 pounds in 90 days, safely and naturally.**

Fact 2: Losing pounds on the scale is not the ultimate answer. Having a better lean muscle-to-fat ratio is one of the master keys to lasting weight loss.

► **TonaLean-3 helps reduce body fat percentage and preserves lean muscle mass.**

Fact 3: One of the biggest weight loss enemies is hunger.

► **TonaLean-3 helps control**

appetite and increases the feeling of fullness.

Fact 4: People with blood sugar issues have a 90% chance of being overweight.

► **TonaLean-3 helps maintain normal blood sugar levels by promoting insulin sensitivity.**

It's time to stop struggling and start losing the weight quickly and safely with **TonaLean-3**...the supplement that works with any diet or exercise plan you're on!

Try the TonaLean-3 secret risk-free!

See page 14 for your special introductory savings.

The “skinny fat” that makes you look lean and slim

What most people don't realize is that dropping pounds on the scale is not the ultimate solution for effective weight loss. The truth is, it's just as important to **lower your body fat, while maintaining healthy, lean muscle** (especially as we age and we lose muscle mass).

Having a **better lean muscle-to-fat ratio** is one of the master keys to preventing yo-yo weight loss and weight gain. It's what makes you look slim, lean, and far healthier. Plus, lean muscle helps your body burn calories more efficiently.

Natural CLA reduces body fat percentage

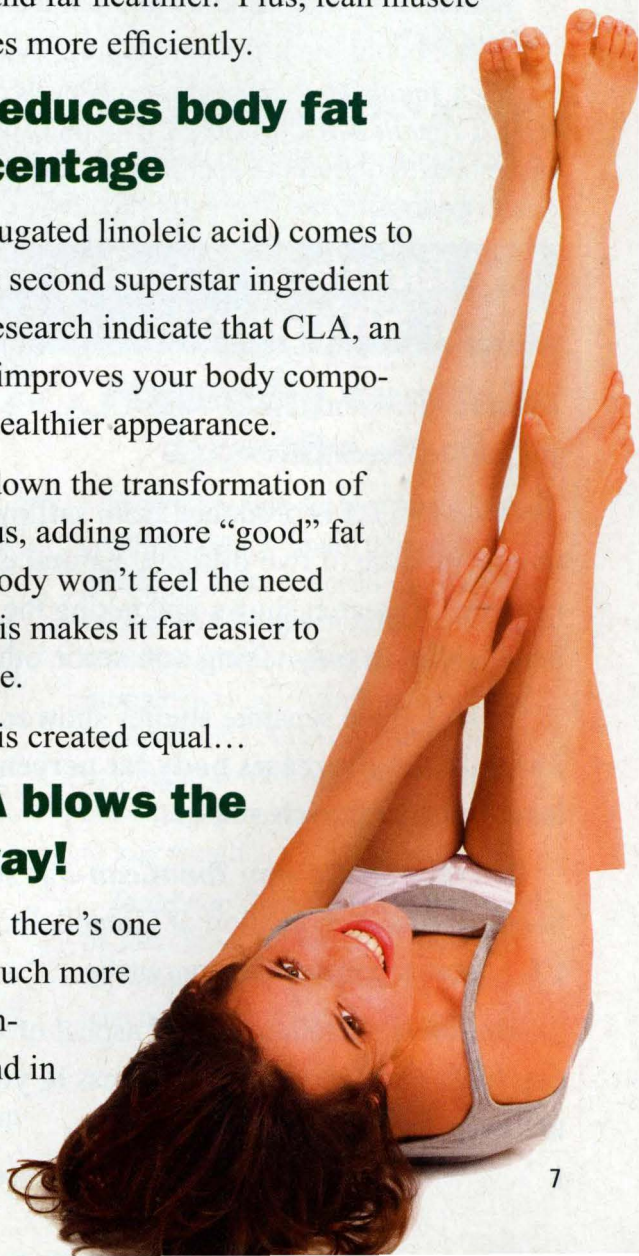
This is where CLA (conjugated linoleic acid) comes to the rescue...and why it's the second superstar ingredient in ***TonaLean-3***. Stacks of research indicate that CLA, an unusual kind of healthy fat, improves your body composition, giving you a leaner, healthier appearance.

CLA works by slowing down the transformation of dietary fat into body fat. Plus, adding more “good” fat into your diet, means your body won't feel the need to stockpile as much fat. This makes it far easier to preserve lean, healthy muscle.

The catch—not all CLA is created equal...

This type of CLA blows the others away!

In the battle of the bulge, there's one CLA that's so superior, so much more effective, that I wouldn't consider including any other kind in ***TonaLean-3***. It's called



Is Today's CLA Shortage the Cause of Bulging Waistlines?

CLA is an amazingly healthy, natural lipid that's found in some of the foods we eat. The trouble is, **we're not getting enough of it anymore.** Scientists believe that today's diets contain far less CLA than our foods did 30 years ago.

The reason is that CLA is typically found in meat and dairy products from animals that are range-fed on grass. But most of our meat and dairy today comes from cows that eat prepared feeds—therefore, the CLA levels in the foods we eat have plummeted.

The answer? Supplement with CLA and feed your body this amazing “skinny fat”!

With **Tonalean-3** you get research levels of a superior CLA called *Tonalin*—it's the only CLA clinically shown to reduce body fat, preserve lean muscle, and help keep appetite under control.

Try Tonalean-3 today and get FREE Shipping! See page 14 for details.



Tonalin® CLA and unlike other CLA, it's backed by significant amounts of research.

Tonalin CLA is produced from safflower oil and contains a unique mixture of two different natural chemical compounds—not just one. Research shows that taking the two together is far more beneficial than only taking one or the other.

In fact, three separate studies showed that taking the *Tonalin* form of CLA **decreases body fat percentage, while preserving lean, healthy muscle mass.**

It's clear to see why **TonaLean-3** is such a powerful weight loss booster. The combination of GreenSelect Phytosome and *Tonalin* CLA creates pretty amazing results.

But there's another critical aspect of weight loss that most people overlook. And if you don't address it, you'll set yourself up for failure over and over again...

The one thing you can't ignore if you want to lose weight...

Better Blood Sugar Levels

Healthy weight and balanced blood sugar levels go hand in hand—you really can't have one without the other. In fact, when you have blood sugar issues, you have a **90% chance of being overweight!**

These odds are too high in my book, so I made sure that **TonaLean-3** includes a very special extra ingredient to help keep your blood sugar levels normal. Before I tell you what it is, you need to understand the *real link* between weight problems and blood sugar.

It's called *insulin resistance*. This happens when your body becomes less sensitive to its own insulin, and this makes it harder for insulin to carry glucose (blood sugar) into your cells where it's used for energy. Your body responds by producing *even more insulin*, and unused glucose then roams your body and turns into fat, especially in your abdomen.

The simple answer

The key is to make your body *more sensitive to insulin* so it will use it properly, instead of producing more of it that simply turns into fat. The good news is there's a unique natural compound that's been shown in at least 15 clinical trials to fire up your glucose metabolism, improve insulin sensitivity, and promote normal blood sugar levels.

It's called **chromium**, and taking it in supplement form is one of the easiest ways you can

Naturally controls appetite, too!

In addition, one double-blind, placebo-controlled study found that people taking CLA experienced **significant increased feelings of fullness and satiety**, and **decreased feelings of hunger** over a 13-week period. This means that CLA is very useful in helping to control appetite—a major obstacle for most people when trying to lose weight.

TonaLean-3 contains research levels of **Tonalin**—the only CLA clinically shown to reduce body fat, maintain lean muscle, and reduce hunger.

**SAVE 15% and Get
FREE SHIPPING!**

100% Natural
and Safe...with
ZERO side effects!

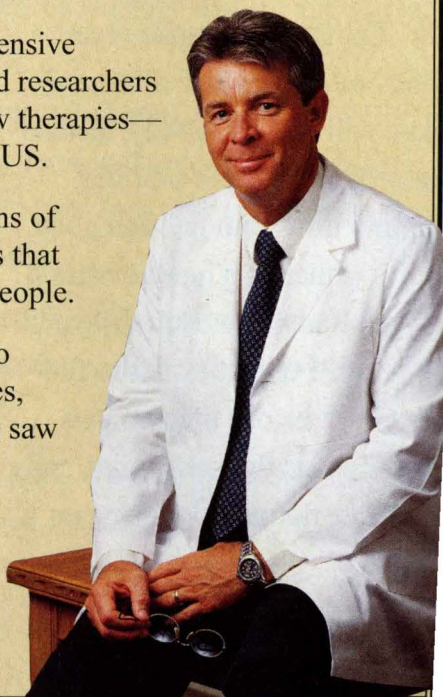
help your body become more insulin resistant. Research shows that it works by increasing the “receptor sites” on cells which help transport more insulin into your cells where it belongs.

But like CLA, all chromium is not the same. That’s why **TonaLean-3** gives you 200 mcg of chromium *polynicotinate* instead of the more common, but less effective *picolinate* form. Research shows that the polynicotinate form provides a more biologically active form of chromium, which is more absorbable in your body.

Meet Dr. David Williams...

“One of America’s Most Trusted Natural Health Doctors”

- Recognized throughout the natural health community as a pioneer in natural healing
- Medical researcher and biochemist
- For 25 years, he has conducted research in every continent throughout the world except Antarctica.
- Dr. Williams has established an extensive worldwide network of scientists and researchers who provide him with leads for new therapies—many of which are unknown in the US.
- He has personally developed dozens of breakthrough supplement formulas that have helped tens of thousands of people.
- Dr. Williams was among the first to introduce over 20 major discoveries, from shark cartilage and CoQ10 to saw palmetto and CLA.
- Editor of *Alternatives*®, a newsletter that brings cutting-edge discoveries and natural healing treatments to over 200,000 readers.



90 days to thin (*and healthy*)!

***TonaLean-3* is the first ever weight loss supplement that combines these three powerhouses!**

Nutrient	Daily Dose
GreenSelect® Phytosome	300 mg
Tonalin® CLA	3,200 mg
Chromium (as polynicotinate)	200 mcg

Contains: soy

There's nothing like *TonaLean-3* anywhere! It's an exclusive, research-backed formula that boosts your reduced-calorie diet and exercise plan to help you...

- ✓ Lose **up to 30 pounds in 90 days**, when combined with diet and exercise
- ✓ Reduce body fat percentage
- ✓ Maintain **healthy, lean muscle** mass
- ✓ **Decrease hunger** and control appetite
- ✓ Keep **blood sugar levels** in check



And it does all this in a **healthy, natural, 100% safe way!**

No side effects...no jitters, just rapid, healthy weight loss.

But there's more....*TonaLean-3* also comes with a 100% money-back guarantee, so there's no risk for you ever!



Lose up to
30 lbs in
90 days!

SAVE 15%
AND GET
FREE SHIPPING!

Call Toll-Free 800-861-5971

30 pounds lighter and feeling 100 times healthier!

"I knew I had to get my health back under control. At age 60, my weight had made my cholesterol and blood pressure climb steadily, and worse, I was experiencing episodes of atrial fibrillation. When I found out about **TonaLean-3**, it was just the motivation I needed. I started eating healthier, adding more fruits and vegetables to my meals, and I stopped eating snacks in the evening. I also began exercising, which wasn't difficult because I had so much more energy.

I was thrilled when I lost 30 pounds and went down two full dress sizes! Health wise, I feel terrific. I believe that **TonaLean-3 kept my energy up and got rid of the gnawing, hungry feeling** I got the other times when I tried to lose weight.

People ask me all the time how I lost weight. I've now convinced others to try **TonaLean-3!**"* —Dolly G.



On my way to losing 40 pounds!

"My decision to change my life—and my weight—happened on a family vacation. I noticed there was a digital scale in the bathroom. When I stood on the scale, the numbers shocked me and I made the decision to lose weight right there and then.

At my wife's suggestion, I tried **TonaLean-3**. I started paying more attention to what I ate, cut back on snacks and deserts, and curtailed fast food burgers and sodas. I also started riding an exercise bike.

I was amazed when 20 pounds came off. **The results have been fantastic!** I feel confident I'll lose another 20 pounds. My advice is anyone looking for a way to lose weight without having to deal with an excessively restrictive diet should try **TonaLean-3. It works!**"* —Ivan B.

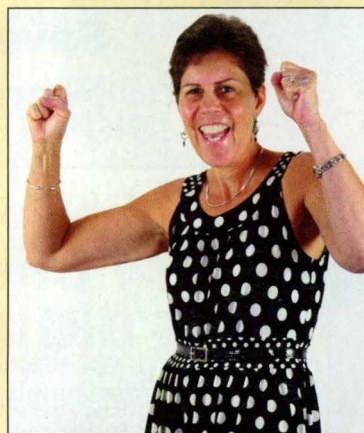
I'm Less Hungry!

"**TonaLean-3** was a motivation and also a reminder to stay on the path. I genuinely believe that I am less hungry and don't feel the need to eat as much. Overall, I am very satisfied with **TonaLean-3** and what it has done for me."* —Stephanie H.

have changed people's lives...

Lost 31 Pounds and 3½ Inches!

"I was never able to lose weight quickly or ever keep it off. I'm so grateful for Dr. Williams' **TonaLean-3** plan. I've worked with him for many years, so I trusted him completely. In just three months I dropped 31 pounds, I'm two pants sizes smaller, and I lost 3½ inches in my waist. I can even fit into my 'skinny jeans' from years ago! Plus, my energy is sky high...I can now keep up with my 12 year old son. My friends all want to know my secret...and I'm so excited by this weight loss plan that I am spreading the word to everyone. I'm definitely healthier, happier and thinner!"* —Kathy C.



25 pounds down!

"I had been steadily gaining weight over the past year. When I found out I had diabetes and high blood pressure, I knew I needed help getting my weight back to normal. With **TonaLean-3**, everything quickly took a turn for the better! I was able to focus on better eating habits and for the first time ever, was able to understand what eating healthier really means.

Within 3 months, **I lost 25 pounds** and know I'll shed another 25. I not only feel healthier, but find it **far easier to make healthy choices now.** **TonaLean-3** changed my mindset and gave me just what I needed to live a healthier life."* —Mervin M.

All of My Clothes Are Fitting Loosely!

"If I hadn't made a commitment to **TonaLean-3**, I would not have taken the time to learn how to eat better. My diet and eating habits have improved tremendously...I am very happy with the 16 pounds that I have lost and am in the right direction to reach my goal. All of my clothes are fitting loosely and I've lost inches off of my measurements."* —Laura B.

*Results may vary by individual.



Try TonaLean-3
RISK-FREE! Turn for details...

Call Toll-Free 800-861-5971

Special **TonaLean-3** Introductory Offer

Save 15% off any order!

Promo Code: **TRIMNOW**

Take the **TonaLean-3** 90-Day Challenge and **SAVE BIG!**

- ✓ A full 90-day supply for only ~~\$137.64~~ **\$116.99** when you mention Promo Code: **TRIMNOW**.
- ✓ **FREE** shipping—a \$5.99 value!
- ✓ 100% Money-Back Guarantee!
Lose up to 30 pounds in 90 days...
or it's **FREE!**

**FREE
SHIPPING!**
on all orders!



**Free of Caffeine
and Stimulants**



45-Day Trial Offer

- ✓ A 45-day supply for only ~~\$72.87~~ **\$61.94** when you mention Promo Code: **TRIMNOW**.
- ✓ **FREE** shipping—a \$5.99 value!
- ✓ 100% Money-Back Guarantee!

Lose up to 30 pounds in 90 days... **or it's FREE!**

TonaLean-3 meets the highest requirements for quality, potency, purity, and freshness. Only the finest nutrients, in the best forms, are used. No exceptions. No compromises.

Every single ingredient undergoes rigorous testing and quality control. Dozens of quality checks are performed at every stage of manufacturing. Plus, independent laboratory testing is performed as a double check guarantee, and a Certificate of Analysis is awarded on every batch—this verifies potency, purity, and standardization.

Please don't wait—as soon as

you start taking **TonaLean-3** you begin to safely shed pounds, reduce body fat percentage, preserve lean muscle, and more! And you risk nothing by trying it—not a penny. **You must be thrilled with the results or you receive a 100% FULL REFUND.** No questions asked...no time limits...no restrictions.

That's how sure I am that **TonaLean-3** will help you drop up to 30 pounds in 90 days, safely, naturally, and in a way that lasts!

Dr. David Williams

Order **Tonalean-3** Today **RISK-FREE!**

Special Introductory Offer for New Customers Only:
SAVE 15% and get FREE SHIPPING!

Promo Code: **TRIMNOW**
Hurry! Offer expires September 23, 2011!

FREE
Shipping!
on all orders!

☒ **Yes, Dr. Williams!** I want to lose up to 30 pounds in 90 days the healthy, natural, 100% safe way with **TonaLean-3!** Plus I have a Zero-Risk, 100% Satisfaction Guarantee.

☐ **BIGGEST SAVINGS—90-Day Supply!**

Rush me a 90-day supply of **TonaLean-3** for only ~~\$137.64~~ **\$116.99** with Promo Code: **TRIMNOW**. Plus, I also get **FREE SHIPPING**—a \$5.99 value! **Item #TN19**

☐ **GOOD SAVINGS—45-Day Trial!**

Rush me a 45-day supply of **TonaLean-3** for only ~~\$72.87~~ **\$61.94** with Promo Code: **TRIMNOW**. I also get **FREE SHIPPING**—a \$5.99 value! **Item #TN45**

Payment Method:

☐ Enclosed is a check for \$_____ (payable to Mountain Home Nutritionals.
NC residents please add 7.75% sales tax.)

☐ I Prefer to use my: ☐  ☐  ☐  ☐ 

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(for credit card orders only)

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☐ **Please confirm shipment of my order via email.** You may also email me updated research and recommendations, and special email-only savings opportunities. My email address will never be sold or rented. I can unsubscribe at any time.

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For fastest delivery, call toll-free

800-861-5971

24 hours a day, 7 days a week.

Or detach and mail in enclosed postage-paid envelope to:
Customer Service Center, P.O. Box 3277, Lancaster, PA 17604

*Introductory offer for new customers only. Prices valid through September 23, 2011.
Cannot be combined with other offers.*

Dr. David Williams
Mountain Home Nutritionals
Customer Support Center
PO Box 3277
Lancaster, PA 17604



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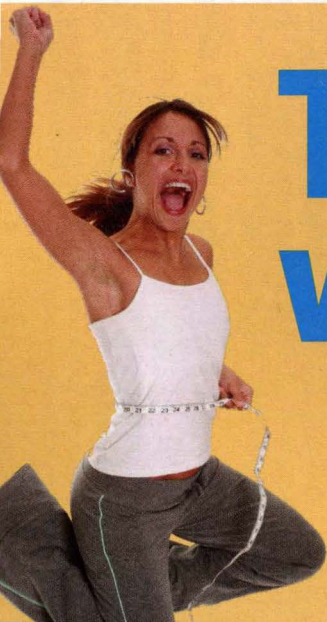
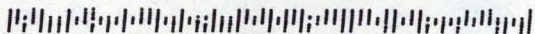
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TRIPLE your weight loss...

30 Pounds in Just 90 Days!

INSIDE THIS SPECIAL REPORT:

- Why **rapid weight loss** can also be healthy page 2
- Beyond green tea—The **ground-breaking discovery** that's changing everything page 4
- **Drop your body fat** percentage the easy way page 7
- The secret to creating **lean, healthy muscle** page 7
- The key to **natural appetite** control page 9
- Naturally healthy **blood sugar** page 9