

Stephen Sinatra, M.D. Cardiologist and
founder of the New England Heart & Longevity Center

**FREE
SHIPPING!**
on every order

**Shocking advice from award-winning
cardiologist and leading heart health expert:**

Throw Out Your Fish Oil!

Now there's something better...

**A CARDIO SUPERSTAR
called Omega Q Plus**



TURN THE PAGE to learn about the astonishing little pill
that will change the way you feel about fish oil forever

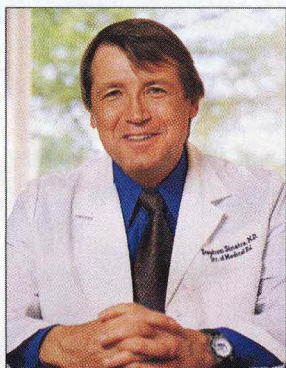
INSIDE: The Cardiologist's Secrets for...

ENDING JOINT PAIN
and getting activePage 10

RAZOR-SHARP MIND
and memoryPage 18

**SHATTERING RULES OF
AGING** Page 14

**BANISHING DIGESTIVE
DISCOMFORT**Page 20



Meet Dr. Sinatra

Dear friend,

As a young cardiologist, I took pride in swooping in during a heart crisis to save a person's life. But I quickly grew frustrated treating the same symptoms without improving my patients' health or giving them hope for a better life.

That's when I stepped away from the conventional medical approach of "treating" the patient's symptoms with hospitalization, surgery, and expensive drugs. I discovered a far better alternative in prevention. And over the past three decades, I've expanded into disciplines as diverse as nutrition, psychology, and anti-aging medicine.

An Integrative Approach with a Cardiovascular Core

Today, I think of myself as an integrative medical practitioner because I combine the best of conventional and alternative therapies.

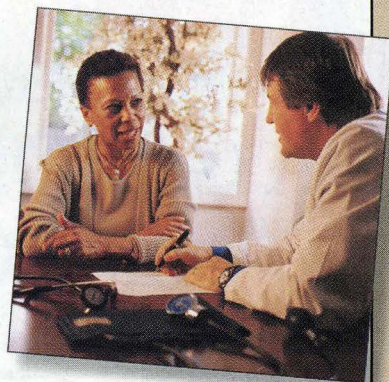
And as a cardiologist, I consider your cardiovascular system to be the core of your health and well-being. **So every lifestyle change I suggest, protocol I advise, or supplement I recommend will always nourish and protect your heart and keep your cardiovascular needs in mind.**

On the next few pages, you'll find my top 5 nutrient formulations for cardio health and overall wellness. And to make it as simple as possible to get started with any that you choose, all orders from this catalog ship **absolutely FREE!**

To great health & vitality,

Stephen Sinatra M.D.

Stephen Sinatra, M.D.

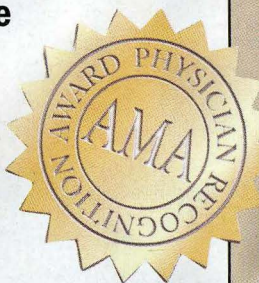


America's #1 Integrative Cardiologist At-A-Glance

- ▶ Founder and Director New England Heart and Longevity Center
- ▶ Board certified in cardiology and internal medicine
- ▶ Former Chief of Cardiology, Manchester Memorial Hospital
- ▶ Fellow of the American College of Cardiology and American College of Nutrition
- ▶ Author of *Reverse Heart Disease Now*, *Optimum Health*, *Coenzyme Q10* and

The Heart, Heart Sense for Women, The Sinatra Solution and Metabolic Cardiology

- ▶ Three-time winner of the prestigious American Medical Association's Physician Recognition Award for Education
- ▶ Author of *Heart, Health & Nutrition*—a leading newsletter for heart health and wellness



There's a new **SCIENTIFIC BREAKTHROUGH** That Outperforms Fish Oil



Exclusive **Omega Q Plus** Improves:

- ✓ Blood pressure
- ✓ Circulation
- ✓ Cholesterol ratios
- ✓ Immune function
- ✓ Homocysteine and triglyceride levels
- ✓ Brain, joint, and eye health
- ✓ Energy levels

For over 25 years I was “hooked” on fish oil.

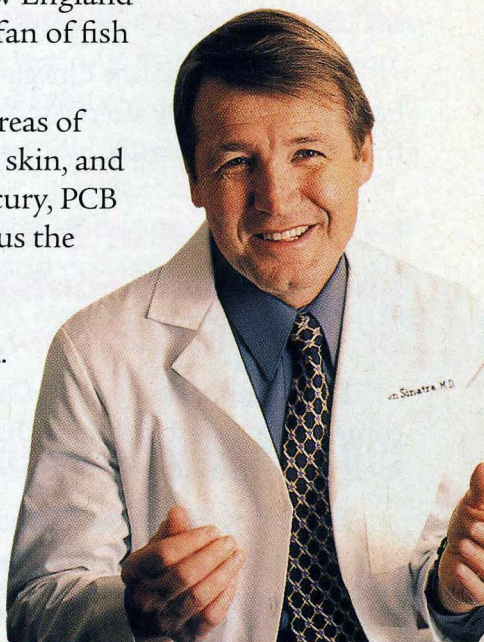
As a cardiologist and founder of the New England Heart & Longevity Center, I was a HUGE fan of fish oil.

That's because fish oil helps with many areas of cardio health, plus it's great for your brain, skin, and more. But then came the worry about mercury, PCB and other toxins contaminating fish oil. Plus the wonder over which fish oils really lived up to their promise about the levels of heart-healthy omega-3 fatty acids they contained.

Here's the real clincher

The final straw that made ordinary fish oil “old news” came in the form of a tiny calamari squid...

Continued, next page...



Calamarine Omega-3 Oil

The New Discovery

Ordinary Fish Oil

Medical science has just uncovered a remarkable gift from nature—the pure, potent extract from select species of deep-water calamari squid.

It's called **Calamarine® omega-3 oil** and it has **abundantly MORE DHA omega-3s than ordinary fish oil**...in some cases as much as 85% more!

That's BIG NEWS because while both the EPA and DHA omega-3s found in fish oil support your cardiovascular health, the newest clinical research reveals that it's the **DHA omega-3s that do the real heavy lifting** when it comes to supporting your:

- ▶ **Blood Pressure**
- ▶ **Circulation**
- ▶ **Blood Vessel Health**
- ▶ **Brain, Eyes, and Colon**

That's why I took the fish oil OUT of **Omega Q Plus**—my **#1 supplement recommendation for heart health and vitality**—and **REPLACED IT** with DHA-rich Calamarine.

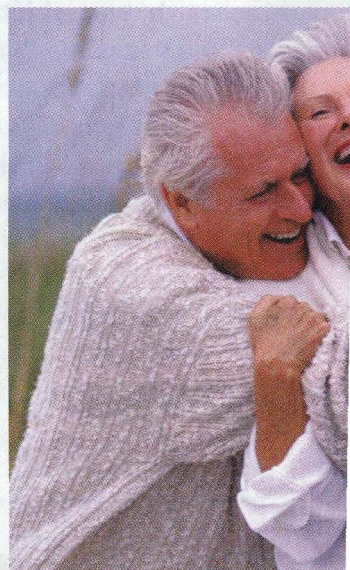
MORE heart-healthy DHA and NO fishy aftertaste or “repeating.”

Because Calamarine omega-3 oil doesn't come from fish at all, it doesn't have any nasty fishy aftertaste and won't cause the embarrassing burping that's so common with ordinary fish oil.

PLUS, NONE of the worries about toxins, contaminants, or other impurities...

The Calamarine used in **Omega Q Plus** comes from select calamari that are caught by local fisherman in pristine, deep ocean waters.

These tiny creatures reproduce quickly and are fished at the end of their very brief lifespan, so they don't acquire the mercury,

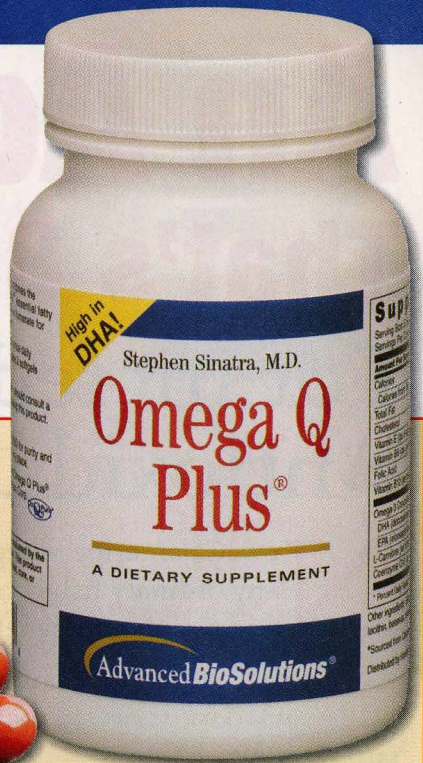


That Makes BSOLETE

Omega Q Plus—Gives you breakthrough Calamarine PLUS SIX MORE super nutrients in One Exclusive Formula

Each softgel has the power to transform your health:

- ✓ **Strong heart** and healthy circulation
- ✓ **Sharp mind** and resilient immune system
- ✓ **Fewer free radicals** and reduced inflammation
- ✓ **Healthy bowel** and lung function
- ✓ **Bright eyes** and beautiful skin
- ✓ **Abundant, all-day energy**



Omega Q Plus®

60 softgels	Item #OM65
1-month supply	\$26.99
180 softgels	Item #OM19
3-month supply	\$72.87
Just \$24.29 per month... that's 10% off!	

lead, and other environmental toxins that large, long-lived fish can. Then the Calamarine oil extract goes through a rigorous 5-stage purification process to ensure its **superior quality and safety**.

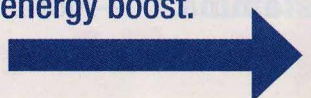
Plus, unlike the salmon and sardines that provide the bulk of ordinary fish oil, calamari squid are **highly sustainable** and have little risk of being over-fished, which can endanger the delicate ocean ecosystem.

Calamarine is an omega-3 choice that will make you feel good in every way!

"My body battery feels fully charged!"

One of the first things you'll notice when you take **Omega Q Plus** is a tremendous energy boost.

Turn the page to find out WHY...



An Advanced That's 8 Times Better For Incredible Energy and Antioxidant Protection

Now, Calamarine omega-3 oil goes a long way (far longer than any ordinary fish oil supplement) to give you remarkable heart and circulatory benefits, but I didn't stop there.

I partnered the Calamarine with a cutting-edge form of Coenzyme Q10 (CoQ10 for short) to make it the **world's most advanced heart supplement**.

This special, patented form of CoQ10 is called Hydro Q-Sorb®, and scientific research proves it to be 8 times better absorbed than ordinary powdered CoQ10! That means your body has 8 times the access to this antioxidant and energizing “ace” to:

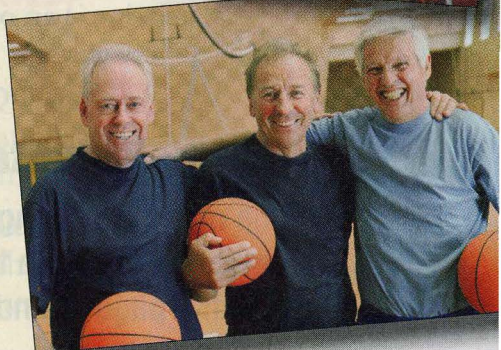
- ▶ Keep your heart and arteries healthy
- ▶ Fight inflammation from head to toe
- ▶ Fuel your body on a cellular level
- ▶ Boost your physical and mental energy

You can look and feel younger, stronger, and just plain better!

“I am relaxed, sleep better, and have lots and lots of energy. Somehow **I feel young again!**” —Amparo G., CA

“The nourishment my body is receiving is giving me the **get-up-and go spirit**. Many people do not believe I'm almost 75 years old.” —Anne Marie R., FL

“I found that I breathe easier and **have more energy and stamina**.” —Florence O., NC



CoQ10 Absorbed

Omega Q Plus VitaGuide

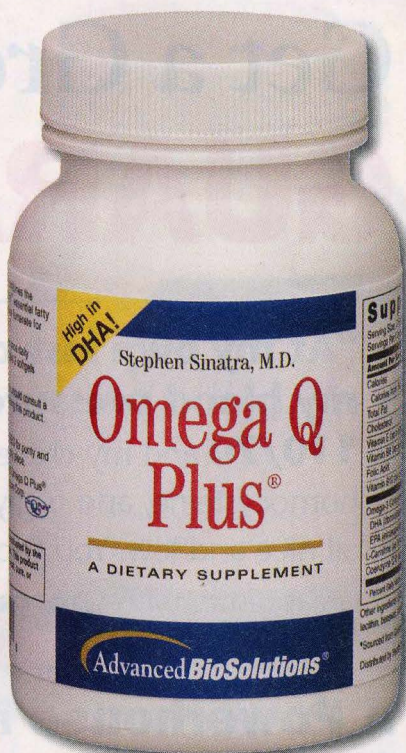
Two softgels provide:

Calamarine®* Oil (Omega-3 Concentrate).....	1,250 mg
DHA (docosahexaenoic acid)♦.....	350 mg
EPA (eicosapentaenoic acid)♦.....	150 mg
Coenzyme Q10 (as ubiquinone).....	50 mg
L-Carnitine (as fumarate).....	200 mg
Vitamin E (as d-alpha tocopheryl acetate, mixed tocopherols).....	50 IU
Vitamin B6 (as pyridoxine HCl, pyridoxal-5-phosphate).....	20 mg
Folic Acid.....	400 mcg
Vitamin B12 (as cyanocobalamin).....	500 mcg

♦As ethyl esters.

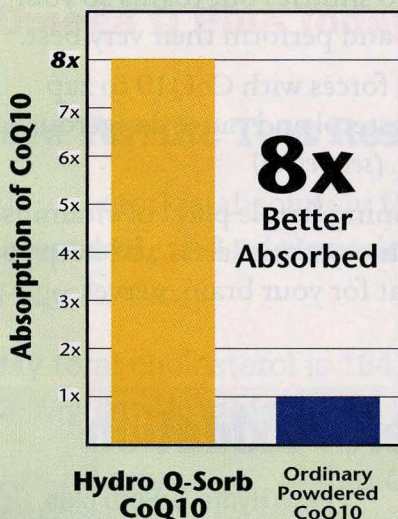
*Calamarine® is a registered trademark of Pharma Marine AS.

Hydro Q-Sorb®, CoQ10Pure®, and Omega Q Plus® are registered trademarks of Tishcon Corp.



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

Better Absorption & Stronger Benefits



Hydro Q-Sorb is a special form of CoQ10 that's 8 times better absorbed than ordinary powdered CoQ10 for **superior energy and heart health benefits.**

When you do the math...
50 mg of Hydro Q-Sorb in Omega Q Plus=400 mg of ordinary CoQ10!

I GUARANTEE you'll feel an **energy surge so great** that you'll forget you ever felt fatigued. Better yet, you'll be able to jump right back into all the activities you love and **live life to the fullest!**

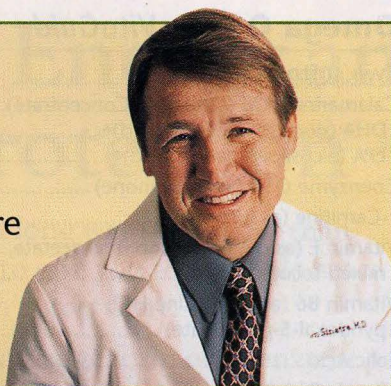
More about Omega Q Plus



800-304-1708 | drsinatra.com

Get a Great Heart Health **GUARANTEED!**

"At my own last checkup, my blood pressure was 110/70 and my cholesterol, homocysteine, and triglycerides were all nice and low. You too can have great results with **Omega Q Plus."**

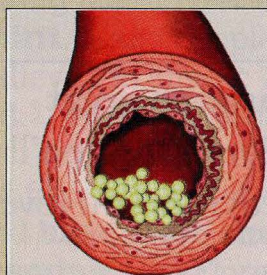


A Powerhouse Nutrient Combination for Unsurpassed Heart Support

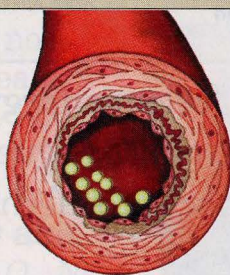
Omega Q Plus gives you DHA-rich Calamarine oil, highly absorbable Hydro Q-Sorb CoQ10, *plus*:

- ▶ **L-Carnitine fumarate**—This highly absorbable form of carnitine helps deliver CoQ10 to mitochondria "engines" in your cells, and sends your energy levels soaring. It also shuttles out toxins so your mitochondria can fire on all cylinders and perform their very best.
- ▶ **Vitamin E**—This super nutrient joins forces with CoQ10 to zap the free radicals that can oxidize cholesterol and cause dangerous "sticky" buildup in your blood vessels. (*see below*)
- ▶ **Folic acid, B6, and B12**—A game-winning "triple play" of vitamins! They work hard as a team to lower homocysteine levels and keep your blood vessels healthy. Plus they're great for your brain, nerves, memory, and energy!

Cut Down Cholesterol Oxidation



**AVERAGE LEVELS OF
OXIDIZED FATS**



**OMEGA Q PLUS
REDUCES OXIDATION**

Hydro Q-Sorb plus vitamin E provide a powerful "one-two punch" to cholesterol oxidation, slashing the amount of "sticky" cholesterol you have in your arteries for improved vessel health and blood flow.

th Checkup

Omega Q Plus

The **SUPERSTAR FORMULA** for:

- ✓ Superior heart health
- ✓ Knockout blood pressure, cholesterol ratios, and triglyceride levels
- ✓ Astonishing energy
- ✓ Powerful youth-preserving antioxidant protection
- ✓ Serious support for brain, joints, eyes, and immune health

**Order Your
Omega Q Plus Today!**



Omega Q Plus®

60 softgels	Item #OM65
1-month supply	\$26.99
180 softgels	Item #OM19
3-month supply	\$72.87
Just \$24.29 per month... that's 10% off!	

More Terrific Test Results with Omega Q Plus

“[My doctor] is absolutely **thrilled with my blood pressure, cholesterol, and triglycerides**. ...Thank you so much!”

—Polly P., CA

“My total cholesterol is 184. HDL 64, LDL 104. Triglycerides 113. **My cardiologist can't believe it.**”—Carol D., NY

“After 2 months of taking Omega Q Plus, I was tested. **My cholesterol levels showed great!**”—Laura P., CA

ATTENTION STATIN USERS:

Statins can deplete your body of essential heart and energy nutrients, including CoQ10. That's why many cardiologists—including me—strongly recommend taking supplemental CoQ10 along with your statin prescription.

Say "GOODBYE" to

And Support Your Heart so You Can Be Active Again

Stiff, achy, painful joints can slow you down. And keeping active is absolutely critical to a strong heart, healthy circulation, and positive outlook that are so important for living your life to the fullest.

That's why I believe flexible, pain-free joints are a non-negotiable part of heart health and overall wellness. And it's what drove me to develop my powerful new joint pain relief formula—**Omega-3 Joint Solutions**.

Ease Your Pain Without the Worry

Many of the drugs and over-the-counter remedies that people take for everyday joint pain can cause digestive system problems—some which are especially worrisome if you're taking blood thinners or other cardio meds.

But **Omega-3 Joint Solutions** features a revolutionary, all-natural ingredient called **Meriva®** that has unprecedented anti-inflammatory power—*without the side effects*.

Meriva's Clinical Results Stun Researchers

Meriva is an all-new 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 the free radicals. Plus, **Meriva** works to block top pain-causing enzymes.

Researchers knew they were testing a powerful pain reliever when they conducted placebo-controlled human clinical studies on Meriva. But when results came in...they were amazed.

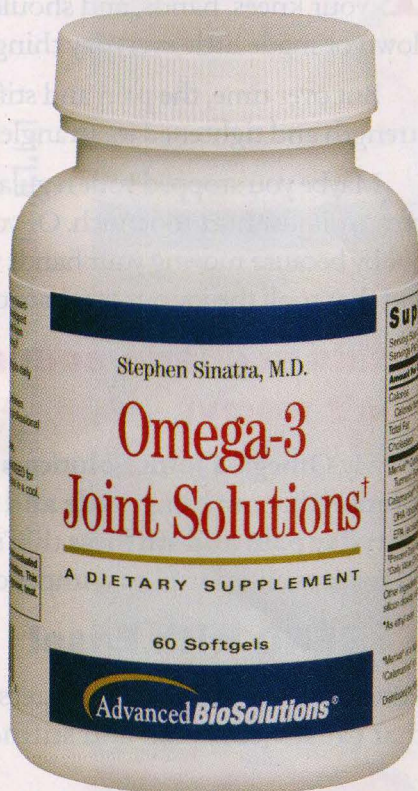
MERIVA SCORECARD

After 90 days of using Meriva, patients reported:

49.7% Improvement in Pain	54.4% Improvement in Stiffness	61.1% Improvement in Physical Function
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Stiff, Achy Joints!

- ✓ Alleviates everyday joint pain and stiffness
- ✓ Promotes normal inflammatory response
- ✓ Supports blood vessel health
- ✓ Is safe even when taking most cardio meds



Omega-3 Joint Solutions VitaGuide

Two softgels provide:

Meriva®* Curcumin Phytosome	
Turmeric extract (root), Phosphatidylcholine	
(from soy).....	1 g
Calamarine®‡ Oil Concentrate	
(from calamari).....	500 mg
DHA (docosahexaenoic acid)♦.....	140 mg
EPA (eicosapentaenoic acid)♦.....	60 mg
Contains soy	♦As ethyl esters.

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

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



Dr. Sinatra's Usage Recommendation: Take 2 softgels daily with a meal.

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%.

Plus participants were able to walk 345% longer at the end of the study than at they were able to do at the beginning, and they were significantly more satisfied with their social function and overall well-being.

“With my heart prescription, I couldn’t take much for my joints. So I lived with the pain, until now.”

Turn the page for details...

Omega-3 Joint Solutions

30-day supply (60 softgels) Item #MC13

1–2 Bottles	\$23.99 ea.
3–5 Bottles	SAVE 10% \$21.59 ea.

Bend, Stretch, Reach

It may have started slowly. A bit of morning stiffness that made it hard to get out of bed. Nagging pain in your knees, hands, and shoulders that slowed you down or made little everyday things more difficult to do.

But over time, the pain and stiffness likely gathered strength and tightened its stranglehold on your life.

Maybe you stopped your regular exercise routine because it just hurt too much. Or you gave up your favorite hobby because moving your hands wasn't easy anymore and that took the joy out of what you used to love to do.

If this scenario sounds familiar, don't worry!

My **Omega-3 Joint Solutions** is an all-natural solution that can bring a **safe and satisfying END to the everyday pain and stiffness** that's been creeping into your joints and putting a damper on your life.

► **BEND with Ease!**

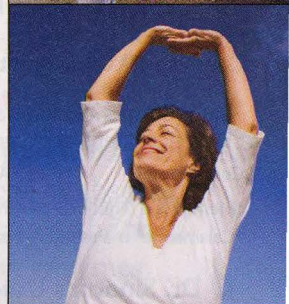
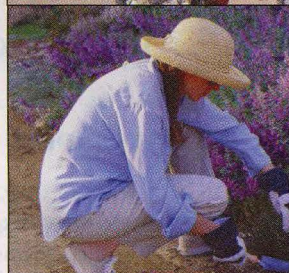
Powerful NEW Meriva conquers the inflammation that causes joint pain and stiffness.

► **REACH without Restriction!**

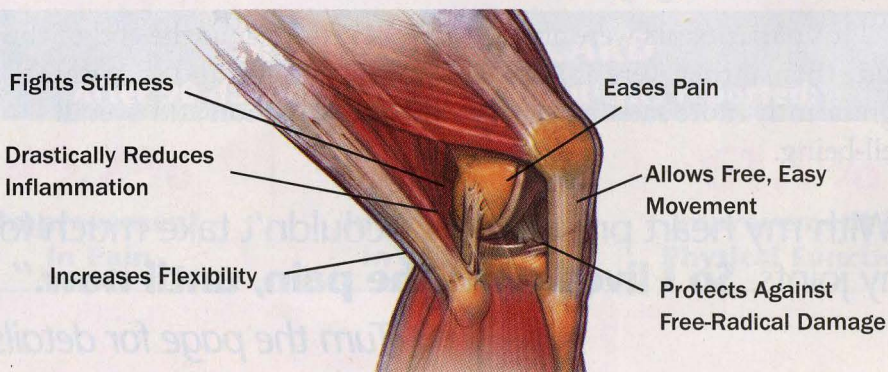
Calamarine omega-3 oil plus Meriva fight free radicals that interfere with joint health, so you'll have smoother, more comfortable joint function (and a healthier heart!).

► **MOVE with Gusto!**

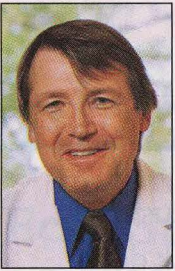
Omega-3 Joint Solutions lets you get back to the active lifestyle you love without worries about your heart. It's 100% safe even if you're taking cardiovascular medicine.



Experience the Omega-3 Difference for Yourself



h Better Than Ever!

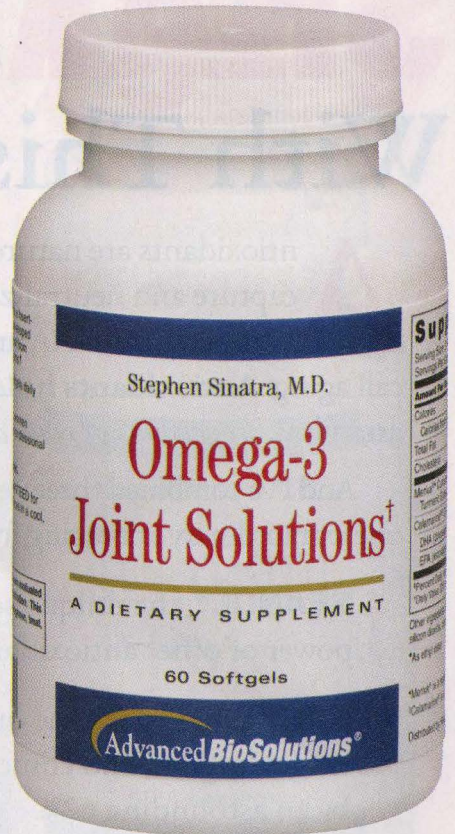


"Being active is vital for a healthy heart, but can be difficult when your joints hurt. **Omega-3 Joint Solutions gives you**

Meriva curcumin and Calamarine omega-3 oil for powerful joint support that's also great for your heart...and safe to take even if you're on cardio meds. **It's the worry-free joint solution you've been searching for!"**

Omega-3 Joint Solutions

30-day supply (60 softgels)	Item #MC13
1-2 Bottles	\$23.99 ea.
3-5 Bottles	SAVE 10% \$21.59 ea.



Calamarine Omega-3 Oil **The "Heart Smart" Joint Nutrient**



Omega-3 fatty acids play a critical role in many body processes, but are best known for their far-reaching cardiovascular benefits...

Healthy blood pressure...Elastic blood vessels...Normal blood clotting...Proper blood thickness...Smooth circulation...and the list goes on.

The surprising secret is that they also work wonders for your joints, lungs, brain, eyes, colon, even your mood!

And the discovery of a brand-NEW source of omega-3s has everyone in the world of nutritional science on the edge of their seats. It's called **Calamarine®** and it's rich in DHA—the type of omega-3 that offers the strongest support for your blood vessels, blood pressure, circulation, and more.

Calamarine also works hand in hand with the Meriva in **Omega-3 Joint Solutions** to **quell inflammation in your joints**, so they can function freely and without pain.

Order today & get FREE SHIPPING! See p. 23

SHATTER the With This Antioxidant

Antioxidants are nature's anti-aging warriors because they capture and neutralize the free radicals that break down your cellular DNA and start the cascade of body changes we call aging. **Antioxidants hold the key to staying strong, healthy, and vital...regardless of your age.**

And I've combined three **revolutionary antioxidant nutrients** in one extraordinary anti-aging formula called **EckoSun Plus:**

1 SEANOL®, the unique seaweed extract with 100 times the power of other antioxidant superstars.

2 RESVERATROL, the only nutrient known to "activate" your longevity gene, and clinically proven to improve blood flow by an astounding 62%.

3 VITAMIN D, one of the most versatile vitamins known and a nutrient critical for cellular health.

These potent nutrients are all backed by research and give you the strongest antioxidant protection possible. Together, they shatter the rules of aging so you'll feel younger, healthier, and more energized each day.

Seanol

The world's #1 free-radical fighter

Seanol is made 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 a sea treasure with the **highest level of antioxidants ever recorded.**

Seanol gets its remarkable free radical-fighting strength from its large molecular structure. All antioxidants are made up of a series of connected molecular rings that conquer stray free radicals. While most land-based antioxidants have three or four rings, Seanol has *eight*, giving it **10 to 100 times more free-radical quenching muscle than any other antioxidant known to man!**

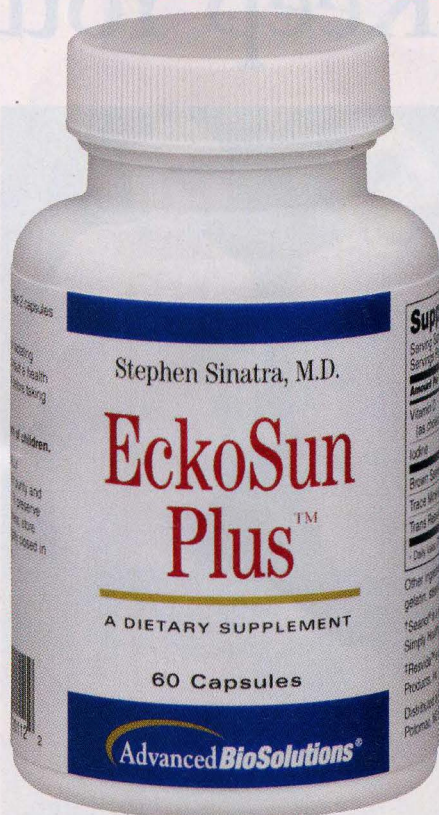
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Rules of Aging

Powerhouse

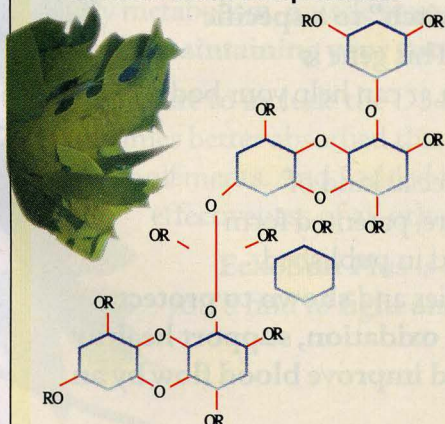
EckoSun Plus:

- ✓ Unrivaled antioxidant protection
- ✓ Healthy circulation and blood pressure
- ✓ Ideal cholesterol and triglycerides
- ✓ Healthy metabolism and blood sugar
- ✓ Long-lasting physical and mental energy



Seanol Runs Rings Around All Other Antioxidants

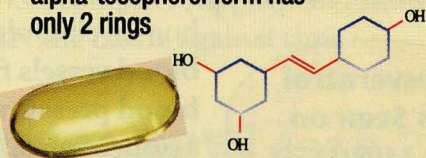
Seanol has a large 8-ring structure that's *twice the size* of other well-known antioxidants, and captures *up to 100 times more* free radicals for unrivalled antioxidant protection.



Green Tea has a molecular structure with only 4 rings

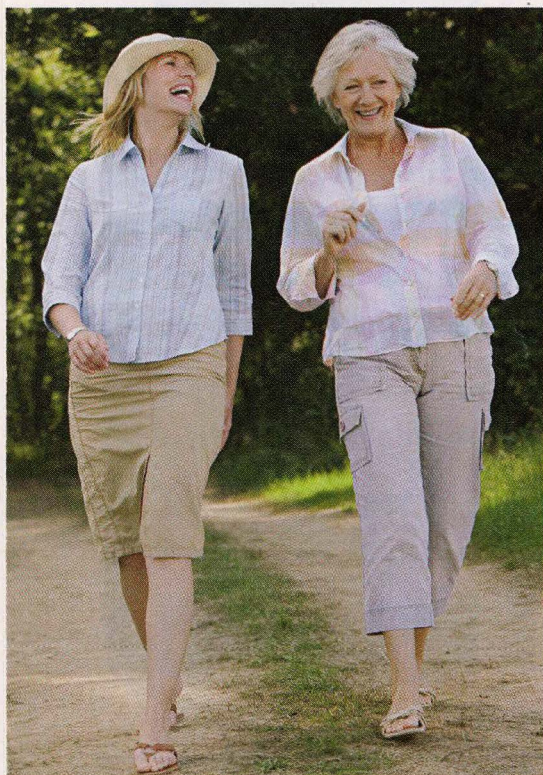


Vitamin E in its most active alpha-tocopherol form has only 2 rings



Turn page for more ways to rewind time...

These Top **AGE F** Keep You Young and V



(continued from page 14)

Better yet, Seanol is fat soluble so it can penetrate deep into your cells where ordinary antioxidants can't go, offering **healing and protection to your all-important DNA**. And it **battles free radicals for a full 12 hours**, compared to the 30 minutes most water-soluble antioxidants work.

And that's not all this versatile nutrient has to offer. Clinical research has shown that in 8 short weeks, Seanol can **lower bad LDL cholesterol, raise good HDL cholesterol**, and even **decrease your triglycerides** by as much as 18 mg/dL, leaving your arteries clear and healthy.

Resveratrol

The "on" switch for your longevity gene

Resveratrol is the potent antioxidant found naturally in the skin of red grapes. Harvard University researchers have found that resveratrol **acts like an "on switch" to a specific longevity gene** we all share called *sirtuin*. This gene is normally inactive, but when it's turned on, it can help your body stay healthy and vibrant!

And **EckoSun Plus** contains a very special kind of resveratrol called resVida®. I chose this pure, patented form because it's the **ONLY** resveratrol ever used in published

human clinical studies and **shown to protect blood vessels from oxidation, support healthy blood pressure, and improve blood flow by an astounding 62%!**

**Resveratrol
as Seen on
60 MINUTES!**



GHTERS

ibrant

EckoSun Plus VitaGuide

Two capsules provide:

Vitamin D (as cholecalciferol)	600 IU
Iodine	15 mcg
Brown Seaweed Extract*	600 mg
Trace Minerals	100 mg
Trans Resveratrol†	30 mg

*Seanol® is a registered trademark of Simply Healthy, LLC.

†resVida® is a registered trademark of DSM Nutritional Products, Inc.

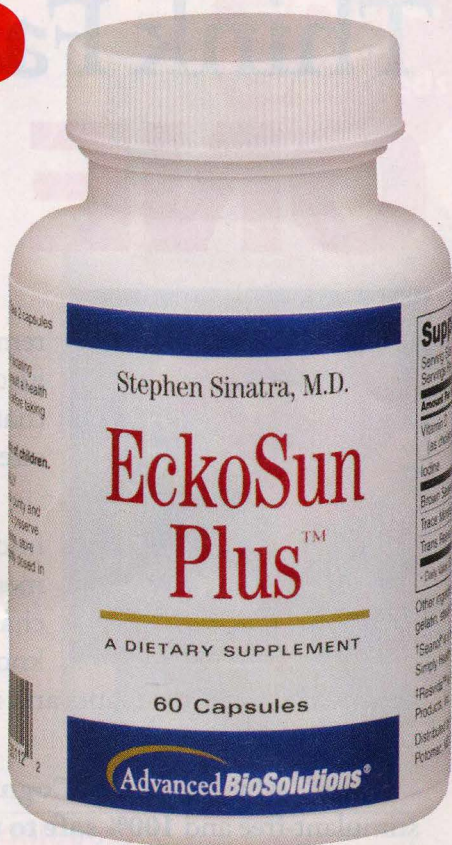
Dr. Sinatra's Usage Recommendation:

Take 2 capsules once daily.

EckoSun Plus™

30-day supply (60 capsules) Item #ES10

1-2 Bottles	\$26.99 ea.
3-5 Bottles	SAVE 10% \$24.29 ea.



Vitamin D3

Versatile support for youthful vigor

Every day brings more news about the abundant health benefits of vitamin D, which our bodies manufacture naturally when we're exposed to sunshine. But, because we don't spend enough time outdoors and our diets are lacking, over 1/3 of all Americans are vitamin D deficient.

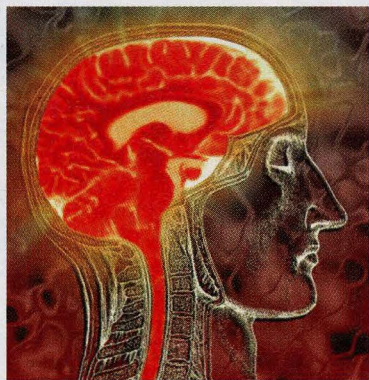
Yet vitamin D is vitally important for the health of your **bones, heart, cells, and immune system**. Plus, it supports normal blood sugar levels, healthy metabolism, muscle strength, and overall wellness. It's absolutely **critical for maintaining your youthful vigor!**

I made sure to include the D3 form in **EckoSun Plus** because it's up to three times better absorbed than the D2 form you'll find in many other supplements. And I added targeted sea minerals to boost the effectiveness of all other ingredients in the formula.

EckoSun Plus is the most complete supplement formula you'll find to **fight and WIN the battle against time.**

Order Now! See p. 23

Think Faster, Sharper **ONE HOUR**



Have you ever struggled to recall a word, remember a name, or find the car keys you just put down? It's an unsettling experience that's more and more common in today's stress-filled, over-scheduled world.

Yet, if you have cardiovascular concerns, finding something to help improve your mental sharpness has always been a challenge. Why? Because many well-known brain boosting nutrients, like

Ginkgo biloba, are stimulants and not compatible with top heart and circulation medicines.

That's why I developed **CogniBoost**—a breakthrough formula that's stimulant-free and **100% safe to take...even if you're on cardio meds.**

Proven benefits for mind and memory

CogniBoost features a unique, powerful American ginseng extract called Cereboost™.

In a recent double-blind, placebo-controlled study, subjects taking 200 mg daily of Cereboost were able to... **focus more intently...react more quickly...think more quickly...and recall more accurately.** And these dramatic improvements occurred in less than an hour and lasted up to 6 hours!

Plus, **CogniBoost** also gives you acetyl L-carnitine, which energizes your brain cells and enhances nervous system communication to keep your brain cells vital and efficient.

You'll also get blueberry extract and highly absorbable Meriva® Turmeric Phytosome—two powerful food-based antioxidants that add tremendous free radical-fighting power and anti-inflammatory support to the formula.

A nimble mind...today and every day

Take **CogniBoost** if you need to strengthen your brain power for an important meeting, test, or event. Or, take it daily for continual mind and memory support. Either way, it's a safe, natural mind sharpener.



American
Ginseng

Better...in Just

SAFE
with
Cardio Meds

All-NEW CogniBoost:

- ✓ Significantly increases attention and focus
- ✓ Improves short-term memory and recall
- ✓ Results in as little as one hour
- ✓ Lasts up to 6 hours
- ✓ Safe even when taking cardio meds



CogniBoost VitaGuide

Three capsules provide:

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

*Cereboost™ is a trademark of Naturex, Inc.

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

CogniBoost™

30-day supply (90 capsules)
Item #SM12

1-2 Bottles	\$23.99 ea.
3-5 Bottles	SAVE 10% \$21.59 ea.

Dr. Sinatra's 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.

BEWARE!

Most mind and memory formulas have ingredients that aren't compatible with top cardiovascular medications...

Mind/Memory Nutrient	Can Interfere
Ginkgo Biloba	Blood-Thinning Medications, Including Aspirin
Bacopa	Calcium Channel Blockers
Vinpocetine	Blood-Thinning Medications, Including Aspirin

But **CogniBoost** is safe! It features Cereboost, a powerful, patented American ginseng extract. Unlike Asian ginseng, the stimulant herb you're likely to find in most health food stores, Cereboost is non-stimulating and completely safe, even if you're taking cardio meds!

End Your **GAS, B** **BOWEL DISC**

Healthy digestion lets your body absorb the nutrients it needs to stay strong and energized. But, in order for your digestive system to function at its best, you need to maintain an army of friendly bacteria called “probiotics” in your bowels.

Yet stress, prescription drugs, processed foods, germs, pesticides, and other toxins you face each day kill off your good bacteria, allowing bad bacteria to claim victory and thrive.

The result? Bloating. Constipation. Gas. Partially digested food stagnating in your gut. It's a toxic brew that not only makes you feel uncomfortable—or worse—in pain...but also taxes your immune system and saps your energy.

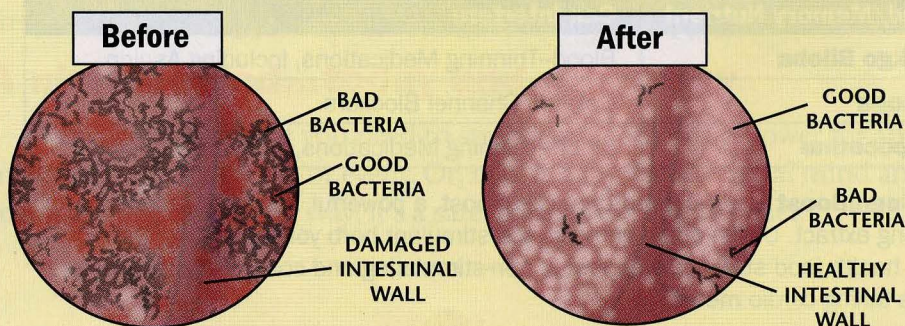
The BEST way to restore peace and comfort to the war zone in your gut is to reinforce your good bacteria “troops” with a proven probiotic.

Probiotic Solutions solves your digestive distress and helps your heart

When I was combing through the research on probiotics, I discovered a little-known good bacteria strain called *Lactobacillus plantarum* 299v or Lp299v for short. This tiny wonder goes far beyond its marching orders for protecting and defending your digestive system. It steps up to true hero status by delivering strong support for your cardio health, too!

In fact, several clinical studies have shown that this hard-working probiotic can significantly reduce constipation, diarrhea, flatulence, and gastrointestinal pain. Even better, almost half of the study participants reported that their symptoms disappeared completely in just 4 weeks!

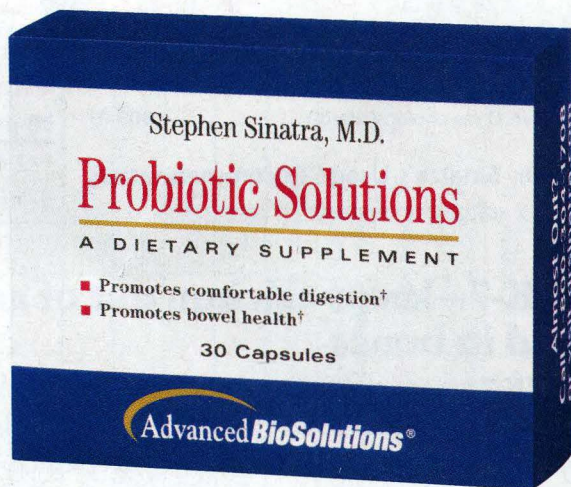
Trouble-Free Intestines with just 1 Probiotic Solutions capsule each morning!



BLOATING, and DISCOMFORT

Probiotic Solutions:

- ✓ Stops digestive gas and bloating
- ✓ Relieves irritable bowel discomfort
- ✓ Ends cramping and constipation
- ✓ Promotes regular bowel movements



Probiotic Solutions VitaGuide

One capsule provides:

Lactobacillus plantarum 299v.....10 billion CFU

Contains soy.

Probiotic Solutions

30-day supply (30 capsules) Item #PB10

1-2 Boxes \$19.99 ea.

3-5 Boxes **SAVE 10%** \$17.99 ea.

 **Dr. Sinatra's Usage Recommendation:** Take one capsule daily, with a meal.

And additional clinical trials confirmed the surprising BONUS benefits for your cardiovascular system—including support for normal blood pressure, healthy blood flow, normal cholesterol levels, and decreased cholesterol oxidation.

You get an amazing 10 billion healthy Lp299v bacteria in each easy-to-swallow **Probiotic Solutions** capsule for one-of-a-kind heart and digestive system support.

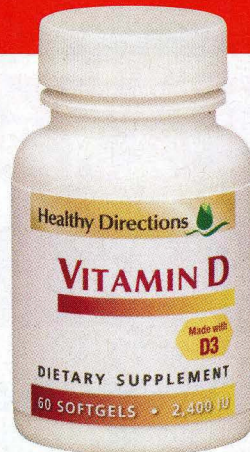


"As a cardiologist, I always keep your heart health in mind...even when I'm formulating targeted supplements for other health concerns. **Probiotic Solutions is a perfect example. It features the ONLY probiotic strain shown to support normal blood pressure and cholesterol levels as well as to promote your digestive health."**

Vitamin D—for strong bones and immune health

Get double the dose of ordinary Vitamin D supplements to protect your bones and so much more:

- Strengthen your immune system & muscle function
- Support cellular and cardiovascular health
- Promote proper blood sugar metabolism



Vitamin D VitaGuide

One–Two softgels provide:

Vitamin D (as cholecalciferol)4,800 IU

Dr. Sinatra's Usage Recommendation:

Take 2 softgels once daily.

Vitamin D

30-day supply (60 softgels) Item #VD15

1–2 Bottles \$5.99 ea.

3–5 Bottles **SAVE 10%** \$5.39 ea.

MK-7—keeps calcium out of arteries and in bones

MK-7 is a special form of vitamin K2 that promotes calcium absorption into your bones, making them stronger and more resilient. K2 also helps to keep calcium out of your arteries. **MK-7** is much more active and longer-lasting than other forms of vitamin K2, and you get my full recommended 150 mcg daily dose.



MK-7 VitaGuide

One capsule provides:

Vitamin K (as menaquinone-7 from soy)..... 150 mcg

Contains soy.

WARNING: If you take Coumadin® (warfarin) or other blood thinners, or are pregnant or lactating, consult a health care professional before taking this product.

Dr. Sinatra's Usage Recommendation: Take 1 capsule daily.

MK-7

30-day supply (30 capsules) Item #MK10

1–2 Bottles \$16.99 ea.

3–5 Bottles **SAVE 10%** \$15.29 ea.

Guarantee of Quality

Dr. Sinatra's formulas are safe, effective, and the highest quality!

Dr. Sinatra is committed to bringing you the safest, most effective natural solutions with:

- ✓ **Research-Based Formulas** Every supplement provides nutrient doses, forms, and ratios proven effective in clinical studies.
- ✓ **Rigorous Quality Testing** From raw materials through finished product, Dr. Sinatra's formulas go through extensive in-house and independent quality testing to ensure potency, purity, and safety.

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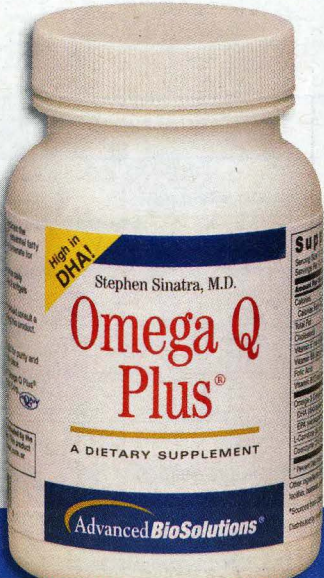
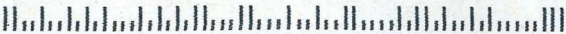
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- ✓ Circulation
- ✓ Energy Levels
- ✓ Immune System
- ✓ Brain, Eyes, Skin

See pages 3-9

Omega Q Plus®	
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1-month supply	\$26.99
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3-month supply	\$72.87
Just \$24.29 per month... that's 10% off!	

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