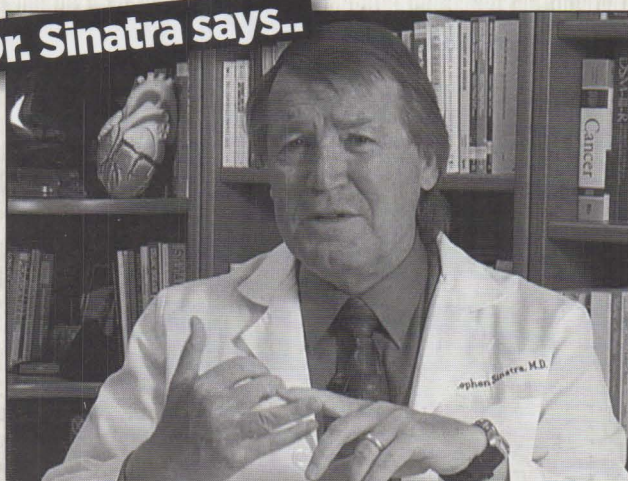


Cardio MD's Journal

Stephen Sinatra, M.D., Cardiologist

Spring 2015 ISSUE
Complimentary

Dr. Sinatra says..



LOOK, if you want a healthy, happy, long life, you need to do this now. It worked for them...

- **BLOOD PRESSURE 113/70.**
Jeri's story, page 6.
- **BEST cholesterol ever.**
See page 17.
- **Gere's doctor was amazed with his blood test numbers.**
See page 11.
- **ENERGY "like I had in my thirties!"** See page 12.
- **Cholesterol 175 and Archie ran 1,600 miles.** See page 2.
- **Brainpower BOOSTED.**
Anna's now doing the *hardest* Sudoku puzzles. Page 13.
- **Age 84: Still dancing, traveling, and loving life.**
Meet Louise on page 7.

YOU can be next...

For the last two years,
I've been telling you to...

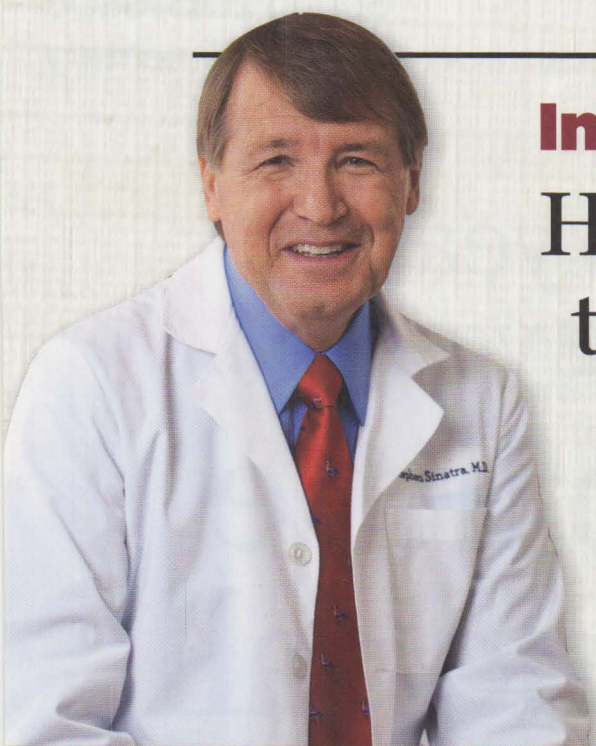
**"Take two little
red pills and call
me when you're
100 years old."**

Did it WORK? YOU BET IT DID.

Read this report now, to see how many lives have been positively transformed by this simple advice for vibrant, good health including...

- | | |
|-------------------------------------|--|
| ■ Healthy blood pressure | ■ Better brainpower |
| ■ Healthy cholesterol ratios | ■ Healthy eyes |
| ■ Healthy triglycerides | ■ Healthy lungs & breathing |
| ■ Healthy arteries | ■ Healthy digestion |
| ■ Healthy blood vessels | ■ Young-looking skin |

You won't believe what a profound improvement this can make, until you look inside...



In this report:

How a top cardiologist's discovery takes his patients from feeling exhausted, achy, foggy, and feeling **OLD** to **YOUNGER** overnight...

...Contents continued

- **The Astonishing Blood-Flow Breakthrough!**

Remarkable discovery that works with the cells inside your arteries
page 15.



- **Blood Pressure 113/70!** Plus a surge of youthful energy
page 6.

- **Well-satisfied with Cholesterol!**

"Dr. Sinatra...that is the BEST I've ever seen it, page 17.

- **The 4 MOST CRITICAL things you must do for your heart...**

What Dr. Sinatra tells all his patients and readers, page 7.

- **Why fish oils "STINKS" for your heart...**

It's NOT just the fishy "burp," it's something vital to your health, page 8.

Omega Q Plus Resveratrol **CASE HISTORY...**

Archie adores the energy he gets from *Omega Q Plus*[®] Resveratrol and says he will take it forever...

The ONLY time Archie feels tired is when he forgets to take it!

"I will be 55 in April...Last year I was able to run 3 half marathons, and 2 full marathons, including San Francisco and New York City, along with a 10K and two 5Ks. A total of 1,600 miles in training, and over 100 miles in marathons."

Awesome energy booster that keeps Archie ahead of kids HALF his age...

"The product has...surprised me as a very good energy booster. I usually take it at noon each day...if I forget my noon dosage...I start feeling tired..."

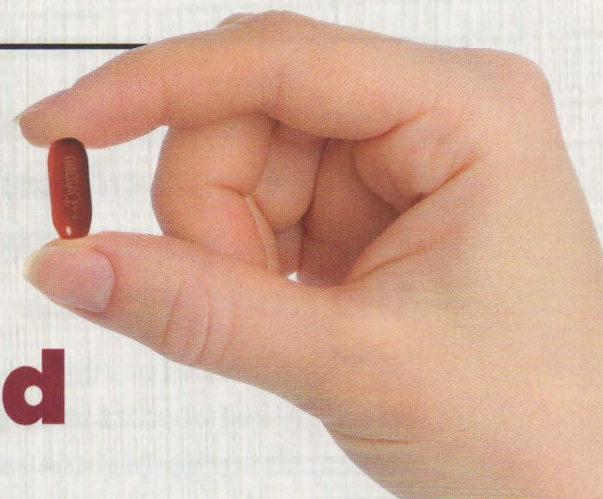
Cholesterol fantastic, great blood pressure too...

"I have continued to maintain a 175 cholesterol level as well as 135 over 75 blood pressure levels...I plan on always continuing to take this product..."*

—Archie E., KY

*Results will vary.

This softgel is 8 TIMES healthier for your heart, your brain, your eyes, and every cell in your body...



**Cardiologist
DEVELOPED!**

I created new *Omega Q Plus Resveratrol* so my patients could address the issues of aging almost overnight in a single, easy-to-swallow, *money-saving* dose.

By Stephen Sinatra, M.D., Cardiologist

How many vitamins and supplements are you taking right now? How many *pills* are you struggling to swallow each day?

How's that working out for you? Are you getting the results you want? Are your blood tests *improving*? Is your doctor patting you on the back...or scratching his or her head and reaching for a prescription pad?

I've got a much better idea for you. Just recently, in response to recent research breakthroughs and my patients' desire to get *better results*, take fewer pills—and save a *ton of money*, I created *Omega Q Plus Resveratrol*.

It's ONE supreme supplement that delivers EVERYTHING you need...

Just grab a glass of water in the morning, take 2 softgels, and you're good to go. You've just given your body virtually *everything* it needs to heal, repair, and *rejuvenate itself* from the inside out. For example...

You get the HEALTHIEST omega-3s known to science... and NO fishy "burps"!

No more *fish oil* for you. Now we know there's something *much* better. It's called *Calamarine*®, and it's bursting with more healthy DHA than any other source on earth. (More about this on page 8 in this report.) Best of all, say goodbye to "fishy burps" because *Calamarine* does NOT come from fish (or even krill).

You get the world's most bioavailable form of CoQ10: It's 8 times better absorbed...

It's called *Hydro Q-Sorb*® and it passes right through your cellular membranes and feeds your mitochondria—the *fundamental energy furnace of life*. Within *days*, this CoQ10 could double or even *triple* your energy levels! (See page 10 for the amazing FULL story on *Hydro Q-Sorb*!)

(continued on page 4)

You get a professional-level dose of resveratrol that helps protect you from the inside out...

The science for resveratrol and its age-fighting powers is utterly astounding. Research suggests it may actually “switch ON” your longevity gene and extend your youth span way *beyond* what nature intended. (See page 12 in this report for the astonishing details.)

And there's still SO much more...

- You get *L-Carnitine* that helps shuttle fatty acids (fuel) to your mitochondria so they can keep you energized and youthful all day long.
- Plus you get vitamins B6, B12, and *folic acid* to help keep your *homocysteine* levels healthy. In fact, this combination has been shown to be *three times* more effective at promoting normal homocysteine levels. *That's SUPER important for your heart.*

Omega Q Plus Resveratrol CASE HISTORY...

“I noticed improved energy right away & have excellent cardio reports... great product!”

“I started taking the *Omega Q Plus* in my early 40s. I noticed improved energy levels right away. I didn't have any health concerns and have excellent blood pressure and cardio reports.”

Dana saved her husband too!

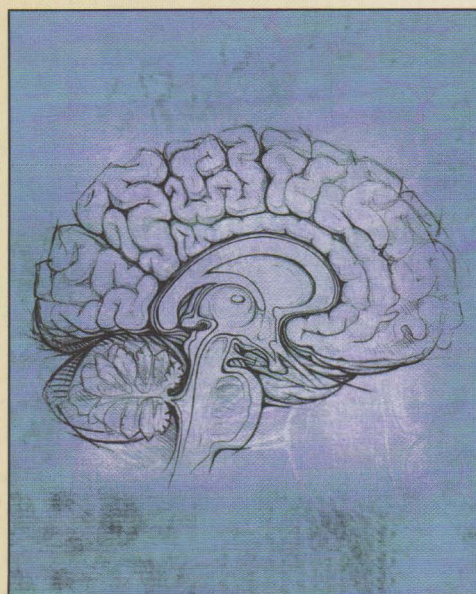
“My husband (was worried about his heart)...I convinced him to try the *Omega Q Plus*. He now has normal readings...We know this is a great product and very necessary as we are aging.”*

*Results will vary.

Dana L., Ohio

In combination, these nutrients help nourish and rejuvenate every cell in your body.

You'll feel an almost immediate surge of energy and then SEE a profound improvement at your next checkup...or it's FREE!



8 TIMES MORE POTENT for Your Heart, Your Brain, Your Eyes, and Every Cell in Your Body...

The special CoQ10 used in *Omega Q Plus Resveratrol* has been tested in human trials and it's *8 times better absorbed* by your cells.

That means more “fuel” reaches your body's energy factories (mitochondria). And the *highest* number of mitochondria are concentrated in your *heart, eyes, and brain.*

Why is *Omega Q Plus Resveratrol* SO fantastic for your blood pressure? **It's the secret of DHA...**

"Recent clinical trials have revealed that it's not enough to just take ordinary omega-3s. You need to find a potent supplement that contains the perfect balance of fatty acids, or you're wasting your money."

Stephen Sinatra M.D.

By Stephen Sinatra, M.D., Cardiologist

Everyone knows that omega-3s are good for your heart and your whole body. But almost *no one* knows that there are *two* forms of omega fatty acids: EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid).

They're *both* healthy for you, but as a cardiologist, I feel that DHA is *pure magic*.

DHA is a potent nutrient for your blood pressure, your heart, your eyes, and your brain...

In fact, research has shown that DHA is critical for cognitive development and brain function and helps keep your memory sharp as a tack for life.

Is this the REAL reason the Japanese have such healthy hearts?

Researchers have often wondered why the Japanese have one of the lowest rates on earth for heart problems and they may have finally found the answer: DHA.

You see, the average daily intake of DHA in Japan is *five times* higher than the United States. The more DHA you get, the *healthier* your heart...

¹ Mori TA, et al. *Hypertension*. 1999;34(2):253-60. Subjects were given 4 g of EPA, DHA, or placebo.

The blood-pressure research is utterly astonishing...

In a double-blind, placebo-controlled study conducted at the West Australian Heart Research Institute in Perth, test subjects were given purified supplements of EPA, DHA, or a placebo for 6 weeks. *The conclusion?*

The daytime and 24-hour blood pressure readings were FAR healthier in the DHA test group...

Even more significant, the scientists observed that your body can NOT make its own DHA from the EPA in your diet.¹

So the best way to get your DHA is from diet and supplements...and you need to make sure you get a sufficient, clinically tested dosage to see the results you want.

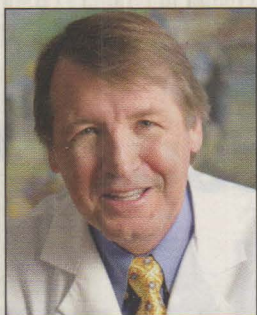
(continued on page 6)

***Omega Q Plus Resveratrol* CASE HISTORY...**

"My BP came down to normal and so did my cholesterol count. My energy level is normal. I have been strongly recommending this product to my friends, family, and told my doctor about it."*

—Frances P., LA

*Results will vary.



“The DHA in new *Omega Q Plus Resveratrol* is perfect for healthy arteries and blood flow. It helps signal your arteries to open wide so your heart doesn’t have to work so hard.”

(continued from page 5)

DHA is also fantastic for blood flow and healthy arteries...

In a separate report on the *same* test subjects, scientists discovered that the DHA group showed amazing improvements in *blood flow* (measured on the forearm).

Apparently, DHA helps improve what’s called *vasodilation*—a medical term that means your blood vessels and arteries “open up” and relax. That means *healthier* blood flow and healthy blood pressure.

Plus, when your arteries are relaxed and healthy, your heart doesn’t have to work so hard.

There’s just ONE big problem with DHA...

Most omega-3 formulas go heavy on the EPA, and add just a pinch of DHA to make you *think* you’re getting an effective dosage. Why? Because EPA is cheaper, and they make more money—while YOU don’t get the benefits you need.

Only *Omega Q Plus Resveratrol* delivers the dosages and balance you need...

New *Omega Q Plus Resveratrol* delivers both the *DHA and EPA* you need to get the results you want. *It MUST work for you or it’s FREE...*

***Omega Q Plus Resveratrol* CASE HISTORY...**

“I took the *Omega Q Plus* for the first seven days and I had a real boost of energy...”

“...my daughter and I keep a check on my BP often; when she checked it, we got a reading of 113/70 and I thought the machine was wrong...I was really excited. I have a lot of energy now...”

Jeri also loved the easy-to-swallow pill with ZERO fishy “burps”!

“The thing I like about *Omega Q Plus* is the easy to swallow pill and there is no fishy aftertaste when it dissolves in your system.”

So she told her daughter all about it! And she’s VERY happy she tried *Omega Q Plus* RISK FREE...

“I gave my daughter seven days of the product to try; she told me that it gave her a lot of energy and will be ordering...I am a...jazzy mother of five adult children, grandmother of seven, and excited to be living...”*

—Jeri A., TX

Great Cholesterol Improvement!

“I ordered *Omega Q Plus* after blood tests showed my cholesterol level to be ‘creeping up.’ After 2 months of taking *Omega Q Plus*, I was retested. My cholesterol levels showed GREAT improvement...”*

—Laura P., CA

*Results will vary.

“As a cardiologist, I know what you need to worry about. That’s why I created *Omega Q Plus Resveratrol*...”

“I know when my patients have been taking *Omega Q Plus Resveratrol* because I see healthy blood tests that have my patients (and me) grinning from ear to ear. They never imagined it’s so simple...”

By Stephen Sinatra, M.D., Cardiologist

If you were my patient, I wouldn’t let you walk out the door unless you agreed to make *Omega Q Plus Resveratrol* a part of your daily life. Why? Because it supports your heart in *four* critical areas I always watch in my patients.

1. It helps keep your blood platelets nice and healthy so blood keeps flowing freely.
2. It supports healthy triglyceride levels...a critical factor in keeping your heart healthy for life. Some doctors ignore this number, but not me...*and NOT you*.
3. It helps keep your cholesterol particles big and FLUFFY. Why? Because *small* cholesterol particles “stick” and pile up inside your arteries easier—and cause much more trouble. Take it from me, BIG and fluffy is better.
4. It helps support HEALTHY levels of *good* (HDL) cholesterol.

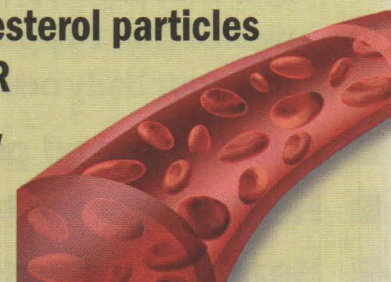
Try it risk free and see for yourself. If you don’t see a BIG improvement in these areas in your next checkup...it’s FREE.

**Call toll free
1-800-380-0858
It works for you or
it’s FREE!**



Omega Q Plus Resveratrol keeps your “plumbing” healthy

1. Helps promote normal blood flow...
2. Supports healthy triglyceride levels
3. Helps keep cholesterol particles larger and SAFER
4. Supports healthy levels of “good” cholesterol



84-year-old square dancer depends on *Omega Q Plus*...

“I ran out of *Omega Q Plus* and... didn’t have as much energy. At 84, I square dance and round dance just about every day, go to water aerobics classes, and work out at our wellness center 2 or 3 times a week. In the past 2 years, I have been to Spain, Germany, Malta, and 3 cruises to Mexico.”*

—Louise M., IL

*Results will vary.

THE TRUTH ABOUT FISH OIL from cardiologist Stephen Sinatra, M.D.

Why fish oil “stinks” for your heart, your brain, your blood pressure and cholesterol...

“DHA is the most important omega fatty acid.
Ordinary fish oil just doesn’t deliver what you need...”

By Stephen Sinatra, M.D., Cardiologist

I used to be a BIG believer in fish oil, but no more. Fish-based oil just doesn’t deliver enough healthy DHA to your system.

Why is that important? Because recent research has revealed that DHA may be the most important fatty acid your body needs for...

- **Healthy blood pressure**
- **Healthy cholesterol**
- **Healthy triglycerides**
- **Healthy arteries and blood vessels**
- **A brain that’s sharp as a tack**
- **Healthy eyes**
- **Healthy lungs**
- **Healthy breathing**
- **Healthy digestion**
- **And healthy, young-looking skin.**

Ordinary fish oil, and many krill oils deliver mostly EPA because it’s cheaper. Yes, EPA is very healthy for you, but DHA is the real superstar nutrient you really need.

That’s why we chose *calamari* (deep-sea squid) as the source for our omega fatty acids in new *Omega Q Plus Resveratrol*.

Why *calamari*? They’re quite simply the purest, most sustainable source of DHA and EPA on earth.

Harvested from the pure waters off the coasts of Argentina and the Far East...

Calamarine is a dietary source for omega-3 fatty acids that’s not only *healthier* but completely eco-friendly. Calamari live only 450 days and reproduce in the *millions*—so the stock is not threatened at all.

More than 2 million tons of calamari are harvested for food every year. Ninety percent of the catch goes to make calamari rings for consumption. *The omega-3s are extracted from the remaining catch.*



The *Calamarine* in *Omega Q Plus Resveratrol* is extracted from deep-sea squid harvested by hand without nets—so no dolphins or other species are affected. No factory boats are used.

Calamari are nature's **PERFECT** source for healthy omega-3s like DHA

Only calamari—deep-sea squid— deliver the correct balance of EPA and DHA fatty acids for maximum results. The short lifespan of this abundant, renewable resource makes it the perfect source for *Omega Q Plus Resveratrol*... plus there's never that fishy taste or smell you just hate!

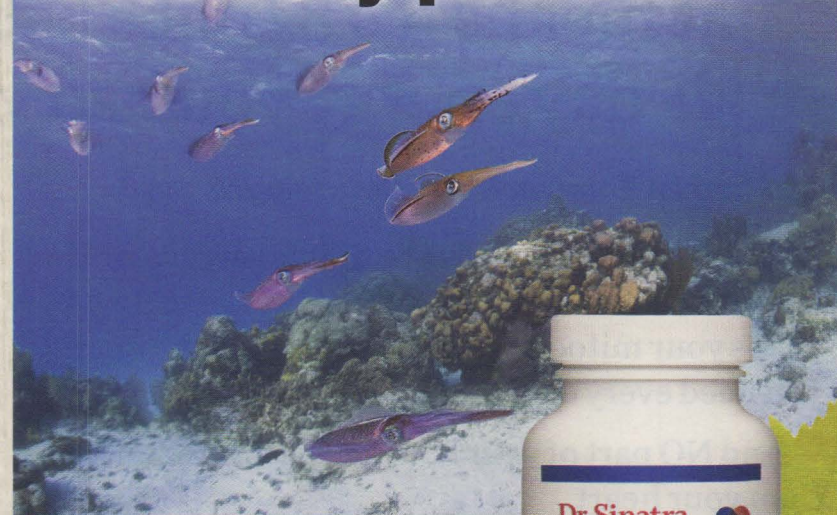
Why? *Because* it's bursting with far more DHA than any fish oil product. That's great news for your heart, your blood vessels, your brain and your whole body. It's also why we use Calamarine *exclusively* in *Omega Q Plus Resveratrol*.

That's why I recommended it to all my patients—and use it myself *every day*. I encourage you to try it. If you don't see *visible* results in your next checkup—it's *free*.

NO FISHY BURPS!

Because it's **NOT** made from fish!

Compared to fish oil, Calamarine is more medically potent...



Call toll free
1-800-380-0858
It works for you or
it's FREE!



Omega Q Plus Resveratrol **CASE HISTORY...**

**Bursting with
NEW ENERGY!**

**"This is the
BEST vitamin
I have ever
taken..."**

*Results will vary.

We asked Linda what improvements she noticed since taking *Omega Q Plus*. She told us that she not only had lower blood pressure and low cholesterol, she also reported a surge of energy "right away—2 or 3 days after taking *Omega Q Plus*...I absolutely love it...I strongly believe this is the best vitamin I have ever taken.

"Overall I get more energy. Some days when I have very little sleep and feel tired by 2 or 3 p.m., I just take *Omega Q Plus* and I am ready to go until 9 or 10 p.m., my bed time."

—Linda T., OK

Omega Q Plus Resveratrol BREAKTHROUGH:

You're looking at the world's most potent form of CoQ10.

It's 8 times easier to absorb.

That means it's 8 times better for giving you the kind of all-day energy you had years ago.

By Stephen Sinatra, M.D., Cardiologist

Deep inside your cells are tiny "energy factories" called *mitochondria*. And CoQ10 is the *spark* that keeps your mitochondria pumping out the energy you need every day.

And NO part of your body needs more energy than your heart.

But CoQ10 levels decline as you age or take statin drugs...

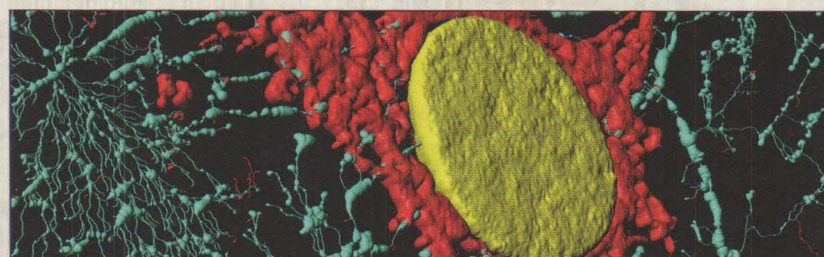
The problem is that your natural CoQ10 levels decline as you age (or take statin drugs like *Lipitor* or *Crestor*). That leaves your energy levels dangerously low—like a campfire that's fading away.

You need to restore your healthy CoQ10 levels to give your heart, and your whole body, the essential energy you need to stay healthy.

The solution is to take supplemental CoQ10, but not just *any* CoQ10 will do. You need to find a form that's *bioidentical* to your natural CoQ10 and *highly bioavailable*. That means it's *better* absorbed by your body.

That leaves *only one* solution: a highly bioavailable form of CoQ10 called *Hydro Q-Sorb*. And it's one of the key ingredients in *Omega Q Plus Resveratrol*.

In *human* trials, patients were given *Hydro Q-Sorb* or regular CoQ10. The conclusion?



The Mitochondria Miracle

Deep inside your cells are tiny energy factories called mitochondria. *Hydro Q-Sorb* passes easily through your cell membranes to feed these "factories" so your energy levels skyrocket...

Hydro Q-Sorb was 8 times better absorbed by the test subjects. What does that mean inside your cells at your mitochondria?

It's like pouring lighter fluid on a campfire...

Your mitochondria instantly *ignite* and your energy levels soar. As you read the pages of this report, you'll see *time and time again* how our *Omega Q Plus Resveratrol* users report a huge

Call toll free
1-800-380-0858
and get
FREE SHIPPING!



surge in energy levels. In fact, that's one of the very *first* things you feel as *Omega Q Plus Resveratrol* fuels your body one cell at a time from the *inside out*.

Hydro Q-Sorb is an amazing antioxidant and free-radical fighter...

And that's important because as your energy levels soar, you need to neutralize the free radicals that are a by product of increased energy production.

Protects your cells and blood vessels too...

Even *more* important, *Hydro Q-Sorb* helps

protect your cell membranes and arterial tissue from damage and even aging.

Hydro Q-Sorb is the only form of CoQ10 I now recommend to my patients...

Look, if you want to keep your heart healthy for life...and keep your energy levels *high*, you need to take CoQ10 regularly—and the *Hydro Q-Sorb* in *Omega Q Plus Resveratrol* is the only form I now recommend to my patients.

Try it yourself and FEEL the energy boost!
If you're not thrilled, you pay ZERO. Your *Omega Q Plus Resveratrol* is FREE.

Omega Q Plus Resveratrol **CASE HISTORY...**

"My doctor acted very skeptical but was astonished when there was such an improvement..."

"The reason I ordered the *Omega Q Plus* was because I thought it might help...my cholesterol numbers.

"After ...taking two *Omega Q Plus* (softgels) daily, my cholesterol was great when tested three months later."

One year later, his cholesterol was STILL fantastic.

"When re-tested one year later, the level remained. Good cholesterol levels were at good levels, too, and the triglycerides were in the normal range as well."

His doctor was astonished and wrote, "Good Job!" on his chart.

"My doctor acted very skeptical...but was astonished when there was such an improvement in my levels after healthier eating and taking *Omega Q Plus*. I noticed that he had written on my chart, 'Good Job!' and underlined it! But I think that a lot of the credit goes to the *Omega Q Plus!*"*

*Results will vary.

—Gere M., MO

The *Hydro Q-Sorb* in *Omega Q Plus Resveratrol* is 8 times more bioavailable to your cells.

8X

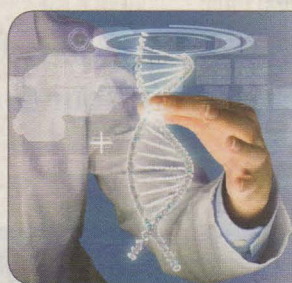
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It WORKS for you or it's

FREE!

Omega Q Plus Resveratrol BREAKTHROUGH:

**Harvard scientists discover
a nutrient that “switches ON” your
longevity gene and targets the signs
of aging throughout your body...**



By adding this nutrient to *Omega Q Plus Resveratrol*, I believe we have created the single greatest anti-aging vitamin ever.

By Stephen Sinatra, M.D., Cardiologist

I'm not a believer in *hype*. So when a new “discovery” comes along, I do my best to *prove it wrong* or find the flaw. But when it comes to *resveratrol* extracted from grapes, I almost don't know where to begin telling you about all the exciting new research.

**Resveratrol seems to switch
ON the genes that extend your
lifespan...**

Scientists have known for a long time that severe calorie *restriction* actually seems to switch ON the genes that extend your lifespan.

That was a remarkable discovery, but starving yourself just wasn't a practical anti-aging strategy.

So a pioneering group of Harvard scientists decided to see if there was any *other* way to turn

ON the longevity gene. They tested *thousands* of substances to no avail. Then, all of a sudden, the longevity gene lit up like Christmas tree. What was the trigger? *Resveratrol*.

**This research was enough to
have manufacturers climbing
all over themselves to sell
resveratrol to the public...but
NOT me.**

Why? Because I need to see MUCH more than just one study before I even consider adding a nutrient to any of my formulas. And research on resveratrol is **EXPLODING** right now. So I took *over 12 months* to evaluate the newest studies out there. What did I find? That the longevity research *barely scratches the surface* of what resveratrol may be able to do.

“Energy like I had in my thirties!”

“...I want to go back to the energy I had when I was in my thirties. With the results I have had so far, for the first time in my life I am seeing hope.”*

—Esther C., NC

*Results will vary.

Resveratrol not only helps stimulate the longevity gene, it also goes to work **INSIDE** your very arteries...

In a French preliminary cell study, resveratrol demonstrated a *remarkable* ability to inhibit sticky “platelets” from adhering to artery walls. It also helped protect cells on the inside of veins and arteries from the oxidation and inflammation that comes with aging and poor diet.

It also may prevent the oxidation of cholesterol particles in your bloodstream...

When LDL (bad) cholesterol is in your blood, the last thing you want to happen is that it *oxidizes* and gets “sticky.” An amazing preliminary study demonstrated that resveratrol may help reduce the oxidation of LDL cholesterol particles. And there’s still much more...

Resveratrol could be insulin’s new best friend

A double-blind, placebo-controlled human study showed that just 10 mg of resveratrol helps promote

“My blood pressure is in the normal range as well as cholesterol. My doctor wants to know what I am doing!”*

—Elizabeth D., CT

*Results will vary.

insulin sensitivity—your body’s ability to use insulin to keep blood sugar levels steady. *Omega Q Plus Resveratrol* gives you a full 30 mg of *trans-resveratrol*—the most bioavailable form.

Your **BRAIN CELLS** use resveratrol to stay sharp

Resveratrol is also a potent water- and fat-soluble antioxidant. And antioxidants are critical to reducing the oxidative stress on the human brain as you grow older.

It’s an absolute perfect nutrient to give your brain the nutritional support it needs to stay healthy for life. But there’s still **MUCH** more...

For Healthy Cells and Aging: As you age, and your individual cells replicate, your DNA gradually *degrades*.

(continued on page 14)

Omega Q Plus Resveratrol **CASE HISTORY...**

Judy’s cholesterol report was SO amazing, her doctor wrote “GREAT!” on it.

“My cholesterol was WAY [healthy], especially my LDL level.”*

—Judy A., GA

*Results will vary.

“I feel like it’s doing great things for my blood and brain...”

“The biggest thing I notice is that I can do the Sudoku VERY HARD puzzles!”

“When I saw the *Omega Q Plus Resveratrol* I felt I could use the extra boost of that for my blood circulation...I would recommend *Omega Q Plus Resveratrol* to anyone who would like to support their blood pressure, cholesterol numbers and general feeling of wellness. I wouldn’t be without it .”*

—Anna B., NY

(continued from page 13)

Some cells are replicated badly. And others die. But when your DNA doesn't "age" quite as fast as nature intended...when your longevity gene is switched on and into action...it's possible to stay vibrantly healthy *longer* than nature intended.

The polyphenols in resveratrol help keep your cells healthy and *young*.

Even For Your Teeth! Preliminary studies are suggesting that resveratrol may help promote optimal *dental health too!*

Obviously, much more human research is needed to confirm just how much power resveratrol has, but it's clear why I decided to add *resveratrol* (in professional-level doses) to *Omega Q Plus Resveratrol*.

The ULTIMATE, one-dose-a-day solution for lifelong health and longevity...

It's the *ultimate* one-dose-a-day solution to staying vibrantly healthy and young for life. My patients and readers *love* the convenience, the immediate energy boost, and the amazing numbers they get at their checkup.

71-year-old dance teacher's cholesterol is NORMAL!

"I am a 71-year-old dance teacher, who tried *Omega Q Plus*. My cholesterol is now within the normal range. I also like to keep my joints limber, and I feel that *Omega Q Plus* has also helped me in that aspect."*

—Janet S., IL

*Results will vary.

**"Your age is just a number,
Omega Q Plus Resveratrol
targets the signs of aging
throughout your body."**

—Dr. Stephen Sinatra

***Omega Q Plus Resveratrol* CASE HISTORY...**

**Judith's blood tests are
"excellent" and she loves the
purity, savings, and convenience...**

"I LOVE *Omega Q Plus*..."

"I LOVE *Omega Q Plus*. Have been using it for about 2–3 years...Prior to my first order of *Omega Q Plus*, I had been taking all of the ingredients separately, from various sources."

**Judith LOVES the fact that she can
get better quality AND ONE-pill
convenience...**

"What attracted me to the *Omega Q Plus* was the purity of your products, the convenience of having all components integrated into one product, and the considerable lower cost."

**Her cholesterol (lipids)
are "excellent"!**

"It changed my life. My lipid panel has been excellent. I am 72 years old, according to my birthday, but consider myself 'ageless' in living my life. Thank you for this outstanding product."*

—Judith G., CA

*Results will vary.

Preliminary Study from Johannes Gutenberg University in Germany...

The key to healthy blood flow is hiding in the microscopic cells that line your arteries

By Stephen Sinatra, M.D., Cardiologist

In medical school, when you're training to be a cardiologist, one of the first things you learn is the critical importance of blood *flow*.

If your blood is just trickling, when it should be flowing like a mighty river, you're in deep trouble. Your heart has to pump harder. Your extremities don't get nearly enough circulation to stay healthy. And your organs can literally wither on the vine.

Please don't let this happen to you...

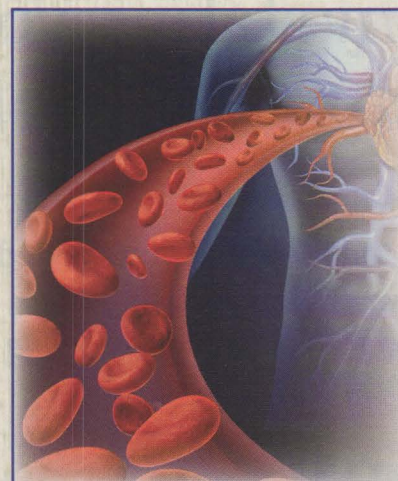
That's why I was especially delighted to see the preliminary human cell research on *resveratrol*. In a preliminary study published in a major medical journal, actual human *endothelial* cells were bathed in a resveratrol solution for 24 to 72 hours.²

Endothelial cells line *all* the veins and arteries in your body—and pump out an enzyme called *nitric oxide (NO)*. That's really important because nitric oxide tells your arteries and veins to “relax” for healthy blood flow. Nitric oxide is one of the critical controllers of healthy blood flow.

Resveratrol triggered endothelial cells to start pumping out healthy nitric oxide!

It's true. According to this very preliminary study, the human endothelial cells exposed to resveratrol started producing more nitric oxide in as little as 24 HOURS!

This has the potential to be a *truly stunning discovery*. And it's one of the reasons we use a professional-level dose of resveratrol in *Omega Q Plus Resveratrol*. Even better, we use *trans-resveratrol* in our formula because it's believed to be even *more* bioactive!



The Omega Q Plus Resveratrol Advantage:

Ingredients studied in preliminary cell study...

The exclusive nutrients in *Omega Q Plus Resveratrol* keep arteries and veins relaxed and flexible—for strong, healthy blood flow.

Omega Q Plus Resveratrol CASE HISTORY...

Perfect blood tests, more energy and healthy blood pressure at last...

"My husband's doctor recommended that we take fish oil, but we were looking for something better...when we got your advertisement in the mail, my husband immediately placed an order..."

Her husband's blood tests were PERFECT

"More energy, feeling good. My husband's blood tests came back perfect...my blood pressure is very good...Being almost 72 years old and my husband, almost 71, we live a very active life."

No brain fog and no fishy burps!

"Our minds are much more clear...There is no burping fish taste with this product...I believe your supplements are very pure and reliable."*

*Results will vary.

—Wil W., OR

² Wallerath T, et al. *Circulation* 2002;106(13):1652-8.

“Are you taking *Lipitor*, *Crestor*, *Vytorin*, *Pravachol*, or *Mevacor*?”

“If you take *any* statins, you need to take *Omega Q Plus Resveratrol* at the same time—here’s why...”

By Stephen Sinatra, M.D., Cardiologist

If you were my patient and I felt that you needed to take a statin drug for your cholesterol, I’d *insist* that you take *Omega Q Plus Resveratrol* at the same time. Why? Because...

Statin drugs deplete your body’s supply of heart-healthy CoQ10...

It’s *critical* that you maintain a healthy level of CoQ10 to supply the cellular energy your heart needs to stay healthy. This is SO important, in fact, many drug companies are investigating *combining* statins and CoQ10 in a single pill. Until that

Omega Q Plus Resveratrol CASE HISTORY...

I get it ALL in 2 Softgels!

“I don’t have to take several other pills...I get it all in 2 (softgels)...”*

—Shirley K., MI

Amazing Energy!

“It really does give you good energy...Good stuff!”*

—Raevonne R., AL

*Results will vary.

happens, there’s not a *single* statin patient that shouldn’t be taking *Omega Q Plus Resveratrol*.

Our advanced CoQ10 is 8 times easier to absorb.

Our formula includes the world’s most advanced *cardio-quality* CoQ10 that’s *eight times* better absorbed by your cells. That way you can be sure you’re getting the CoQ10 you need to offset the depletion of your statin drug. And there’s *more...*

Statin drugs supply ZERO omega-3s too...

So you need to get your omegas-3s (especially DHA) from *Omega Q Plus Resveratrol*. Our balanced formula is the absolute *perfect* companion to your statin drug therapy.

Try it yourself and see. I promise you’ll never risk a single penny. You (and your doctor) must love it, or it’s FREE.

**Call toll free
1-800-380-0858
and get
FREE SHIPPING!**



“Dr. Sinatra, my cholesterol was the best I’ve ever seen it!”

“I have tried a long time with my cholesterol... I am well-satisfied!”

“Dr. Sinatra, all I can say is thank you very much for the *Omega Q Plus*. I feel much better now...”

Now he gets ALL the help he needs from ONE convenient supplement...

“I have tried many, many other products but this is what I needed.”*

—William L., TN

*Results will vary.

“Better energy... I know inside good things are happening...”

“When I took the *Omega Q Plus*, I had better energy and an overall sense of well-being. When that happens I know inside that good things are happening, and any time one has more energy, the body can look, feel and perform better. That’s what folks are after, at least I am.”*

—Michael W., CA

“I am now on my SECOND order of *Omega Q Plus*...”

“I noticed a definite increase in my energy level...I’ve increased the distance of my daily walks, and my stamina seems to be returning. I feel more like my old self. I plan on continuing my use of *Omega Q Plus*...”*

—Jack J., TX

*Results will vary.

“I feel so good, just like when I was young!”

“Since I have been taking *Omega Q Plus* I feel so good, just like when I was young. I can’t imagine going without them.”*

—Rae W., WA



It works for you or it's FREE!

“Within a week I began to have more energy!”

“I am an 85-year-old WWII veteran. I kept trying various brands of vitamins. Finally, I started taking *Omega Q Plus* and within a week I began to have more energy and felt more alive. Aches and pains started going away. I shall continue to take *Omega Q Plus* every day to give me vitality.”*

—Harold S., PA

Omega Q Plus Resveratrol BREAKTHROUGH:

Why spend a fortune for ordinary CoQ10, when you can get the *best* for FREE?



FACT: *Omega Q Plus Resveratrol* saves you over \$898 a year because it's so concentrated and complete! It's like getting a year's worth of CoQ10 for FREE. Plus you enjoy the convenience of replacing a *dozen* daily vitamins with a *single, easy to swallow dose*.

It WORKS for you or it's **FREE!**

Would you rather gag on **THIS** every day and throw away **\$898?**



Or would you prefer to get the **best ingredients** in a **single dose** and pocket an extra **\$898 CASH?**



If you bought ALL these supplements separately, you'd spend an extra \$898!

<u>Ingredient:</u>	<u>Cost Per Month</u>
High-DHA <i>Calamarine</i> Omega-3s	\$21.51
Highly Absorbable CoQ10	\$25.99
Resveratrol.	\$28.49
L-Carnitine Fumarate	\$19.99
Folic Acid, Vitamin B6, Vitamin B12.....	\$8.87
Total if bought <i>separately</i>	\$104.85
<i>Cost of Omega Q Plus Resveratrol</i>	
Biggest Savings	\$29.99

Your monthly savings \$74.86

Your Annual Savings \$898.32

**To Try Omega Q Plus Resveratrol completely RISK FREE...
Call toll free: 1-800-380-0858**

“Wow!!! My blood pressure is now constantly in the 120/70 range...”

“Boy was I surprised and so was my wallet. Omega Q Plus works better; it’s that simple...”

“I did not expect your product to work better, I just liked the idea of only having to take two softgels to replace five supplements I was already buying.”

Better results, extra convenience, better digestion...and BIG savings

“Boy was I surprised and so was my wallet. Omega Q Plus works better; it’s that simple...in only 2 weeks of using Omega Q Plus, I have had more energy, as well as a dramatic improvement in my colon and intestinal health.”

Fantastic blood pressure readings...

“My blood pressure is now constantly in 120/70 range. I already knew based on my own personal research that most fish oils did not provide significant amounts of DHA/EPA...I was simply amazed when I saw your advertisement because I was already looking for this type of supplement but it was not available, until now WOW!!!”*

—John S., SC

*Results will vary.



NO FISHY BURPS!
Because it's NOT made from fish!

Omega Q Plus Resveratrol
CASE HISTORY...

Much LESS knee pain, better mobility.

“I started taking the *Omega Q Plus* because I had so much knee pain.

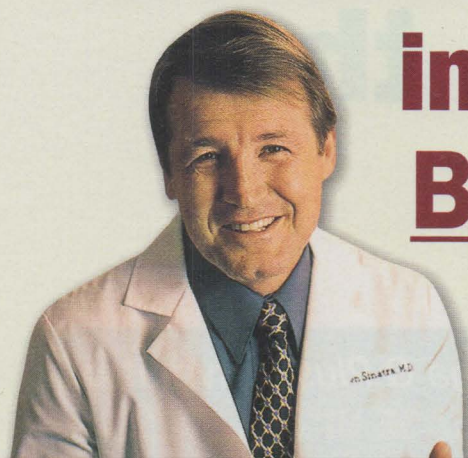
“I...have less pain in my knees and legs and was able to move easier...I felt better and had more energy than before. My cholesterol also dropped. I am able to go up and down stairs...No chair lift for me...I would recommend this product...”*

—Rachel W., GA

*Results will vary.

You get 2 FREE BONUS GIFTS *plus* Dr. Sinatra's PERSONAL promise:

“You must feel an electric surge of energy in the first 7 days, then have your BEST checkup ever or it's FREE.”



Stephen Sinatra, M.D.
America's #1 Integrative Cardiologist

“I promise you don't risk a single penny when you try new *Omega Q Plus Resveratrol*. Plus you'll also receive FREE gifts...”

By Stephen Sinatra M.D., Cardiologist:

Let me say this as simply as I can: I don't believe you should pay a single penny for a supplement unless you're positively *thrilled* with the results. And I'm not talking about some abstract “I-think-I-feel-a-bit-better” improvement.

I'm talking about a *profound*, positive improvement that you feel within 7 days...and I'm talking about a *measurable* improvement you can see in your next checkup.

So once you try *Omega Q Plus Resveratrol*, here's what I want you to look out for...

- ALL-DAY ENERGY like you had 20 years ago
- Your BEST blood pressure numbers ever
- Your BEST cholesterol numbers ever
- Your BEST triglycerides ever
- Plus fantastic brainpower, healthy skin, and better health for your colon, your eyes, your gums and more

I want you and your doctor to say WOW! or you pay ZERO...

And you get to keep ALL your FREE GIFTS including...

**FREE GIFT #1:
Do-It-Yourself
Heart & Artery
Repair Program**

Dr. Stephen Sinatra is one of America's most recognized and respected cardiologists. He has an almost legendary reputation in the medical world. *What are his secrets?* What do people hear when they sit down with this remarkable healer? *That's exactly what you'll find out in your free guide.* Just look what you'll discover...

■ **The #1 MOST EFFECTIVE DIET for your heart...and it's filled with FAT.** It's filled with food choices you never dreamed were healthy for you—and your heart. Page 2

■ **Why chocolate is GOOD for your blood pressure!** But not just any chocolate. You need to buy the best-tasting, gourmet chocolates on Earth! Now that's a health secret you can live with! Page 3

■ **The heart-healthy SUPERFOOD that lets Polynesian Islanders feast on fat...with almost NO ill effects.** Now we know it's a tonic for your heart...and it's available everywhere. BONUS: *It tastes fabulous.* Page 6

Do-It-Yourself
Heart & Artery
Repair Program



\$19.99
Value!

STEPHEN SINATRA, MD

■ **The 6,000-year-old remedy for inflammation now proven by science!** This ancient healer helps heal the cellular inflammation that can wreak havoc on your health. Page 7

■ **Why it's MUCH better to walk than run for exercise.** It's more pleasant, less sweaty, and actually proven to help your heart in ways that running never can! Page 10

**FREE Early Bird Bonus:
Dr. Sinatra's
No-Diet,
High-Speed
Weight-Loss
Program**

Dr. Sinatra's exclusive program has been hospital tested and *proven effective* to help you lose a LOT of weight without *ever* feeling denied. You'll discover why you must eat MORE food to lose MORE weight. Why fat is NOT your enemy. How to burn calories faster than you can consume them. Plus how to *keep the pounds OFF once and for all.*

Dr. Sinatra's
**No-Diet,
High-Speed
Weight-Loss
Program**

\$19.99
Value!



To Try *Omega Q Plus Resveratrol* completely RISK FREE...

Call toll free 1-800-380-0858
and get FREE SHIPPING!

ZERO-RISK GUARANTEE



Enjoy Benefits You Can Feel From Head to Toe... **GUARANTEED!**

Dr. Sinatra's *Omega Q Plus Resveratrol* is a true scientific breakthrough.

Hundreds of thousands are experiencing dramatic improvements in their quality of life, and you can too.

- Healthy blood pressure
- Increased energy
- Balanced cholesterol levels
- Low homocysteine
- Better triglycerides
- Improved circulation
- Enhanced mental clarity
- Healthy immune system
- Reduced inflammation
- Youthful skin
- Great antioxidant protection
- Plus...support for lungs, eyes, colon, and more!

**Feel the Difference for Yourself...
GUARANTEED.**

Omega Q Plus Resveratrol **CASE HISTORY...**

Rena and Duane are now ready to chase their 2-year-old grandson around the yard!

They feel SO fantastic, they don't need to take any other vitamin now!

"Both my husband and I have had low energy and have taken a very good vitamin for years but now we don't require the vitamin."

Rena no longer needs cod liver oil for her knee pain...

"I have taken cod liver oil for my joints, I am not taking the oil any more because the *Omega Q Plus* seems to be keeping my knees free of pain."

Duane's hands are now pain-free and flexible...

"We live in the north and come fall when the cold weather comes, my husband complains of cold, stiff, aching hands, this year he didn't notice that. I think we started taking this in September."

"I believe we will be able to keep up with our 2-year-old grandson this year. Thank you again for *Omega Q Plus*."*

—Rena and Duane N., MT

*Results will vary.

Erase years of aging and enjoy healthy blood pressure, cholesterol, brainpower, vision, and nonstop energy for life...
Try NEW Omega Q Plus Resveratrol right now!

Pick the zero-risk offer that's best for you:

GREAT DEAL!

Try 3 months of *Omega Q Plus Resveratrol* for even greater savings and an additional **FREE Gift!**

- ✓ Only \$29.99 a month!
- ✓ **FREE SHIPPING!**
- ✓ **FREE Early Bird Bonus** when you reply in 7 days!
- ✓ An additional **FREE Gift**—*Do-It-Yourself Heart & Artery Repair Program*
- ✓ Great checkup guaranteed—or it's **FREE!**



No-Risk, Single Bottle Trial!

- ✓ Just \$39.99 per month, plus \$6.99 shipping!
- ✓ **FREE Early Bird Bonus** when you reply in 7 days!
- ✓ Great checkup guaranteed— or it's **FREE!**



Your Unconditional...

ZERO-RISK GUARANTEE:

Omega Q Plus Resveratrol must do all this for you—or you pay nothing...

1. An Electric Surge of Energy GUARANTEED within 7 days.

No jitters. No power failures. Just steady energy all day long. If you don't feel it, we'll refund every penny you paid.

2. Your BEST Cholesterol Checkup GUARANTEED. Your doctor and you must be delighted or you pay nothing.

3. Your BEST Blood Pressure Checkup GUARANTEED. You'll know the second they remove the cuff and the nurse says, "Wow!"

4. Your BEST Triglyceride Checkup GUARANTEED.

Triglycerides are a major "indicator" of trouble ahead. Your doctor will be thrilled with your test results!

5. PLUS healthy skin, brainpower, lung function, colon, immunity, eyes, and MORE.

6. A Whole NEW, Positive Outlook on Life. Suddenly, you'll feel like you're "back in the game" — ready to try new things and new adventures.

If you feel anything less than satisfied with *Omega Q Plus Resveratrol*, simply return the product within 90 days for a full refund. Plus, keep your free gifts. No questions asked.

Stephen Sinatra M.D.

Zero-Risk Trial Certificate

It's like getting a year's worth of CoQ10 free!

Hurry! Call Toll Free 1-800-380-0858 TODAY!

☒ **YES, Dr. Sinatra!** I want to heal, repair and rejuvenate every last cell in my body...and live a vibrantly healthy life. So I'll give *Omega Q Plus Resveratrol* a zero-risk trial for my blood pressure, cholesterol, circulation, brainpower, immunity, joints, mood, energy levels and more. If I don't feel a huge energy boost in 7 days... and don't see a BIG improvement in my next checkup, I pay nothing. I'll get a full refund, no questions asked. The FREE GIFTS are mine to keep no matter what.

FREE Shipping!

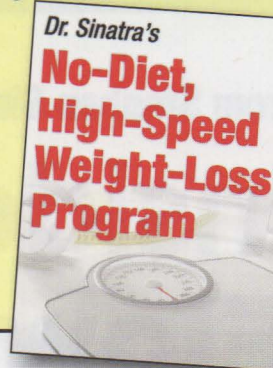
Please check appropriate boxes below:

☐ **GREAT DEAL!** Send me a three-month supply of *Omega Q Plus Resveratrol* for only ~~\$119.97~~ **\$89.98**. I'll get FREE shipping and a FREE report. I'm still covered by the 100% money-back guarantee. **Item #: YEA31**

☐ **ONE-MONTH TRIAL.** Send me a one-month supply of *Omega Q Plus Resveratrol* for only \$39.99 plus \$6.99 for shipping. I'll get 1 FREE Gift, and I'm covered by the 100% money-back guarantee. **Item #: YEA11**

FREE Shipping!

☐ **FREE Early Bird Bonus!** I'm replying within 7 days, please rush my extra Free Bonus Report:
Dr. Sinatra's No-Diet, High-Speed Weight-Loss Program.



METHOD OF PAYMENT:

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Card #: _____ Exp. _____ / _____

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Phone: (_____) _____ (optional, in case we have a question about your order)

☐ Check or Money Order (payable to Healthy Directions, IN residents add 7%, KY residents add 6%, ME residents add 5.5%, NC residents add 6.75% sales tax.)

No need to write your name and address! Just check the back cover to see if your name and address is correct. If not, please correct and mail in the envelope provided to: Stephen Sinatra, M.D., 95 Old Shoals Rd., Arden, NC 28704. Thank you!

☐ Yes, I want even more benefits from Dr. Sinatra and Healthy Directions! Sign me up for the FREE health eNews that will give me the latest health breakthroughs and discoveries to help me and my loved ones stay active, energetic and feeling great.

My email address is: _____

For fastest delivery and free shipping of *Omega Q Plus Resveratrol*, call toll free:

1-800-380-0858

24 hours a day, seven days a week.

Our friendly, U.S. operators can answer your questions and help you **SAVE even more!**

or visit: TryOmegaQPlus.com



Prices valid through May 2, 2015

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Arden, NC 28704

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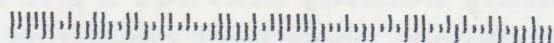
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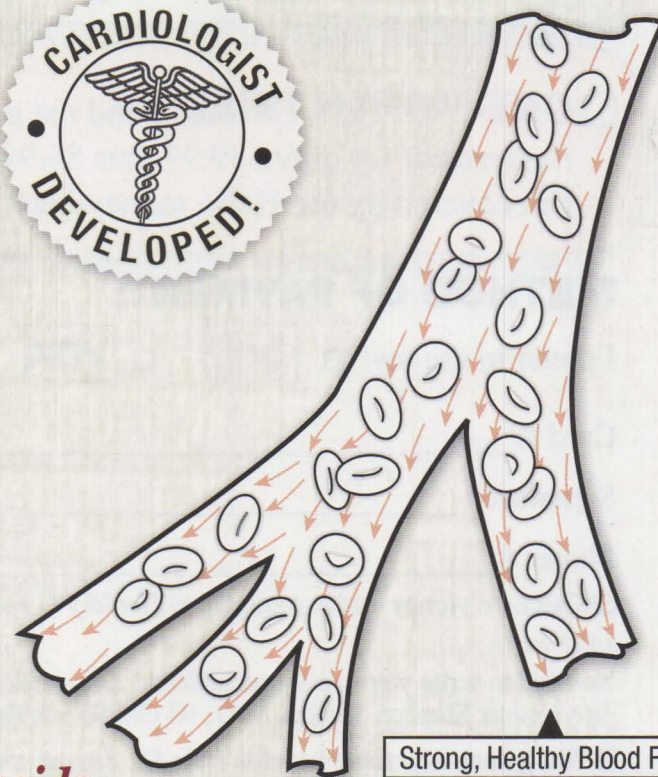
Healing Power You NEVER Knew Existed

From Stephen Sinatra, M.D., Cardiologist...

Inside: The Blood-Flow Breakthrough of the Century...

...and how it helps activate the actual cells that line your arteries and veins.

Page 15 inside.



Strong, Healthy Blood Flow

~ RESULTS ~

- **Fantastic CHOLESTEROL...great BLOOD PRESSURE TOO!** page 2
 - **Excellent Blood Pressure Reports!** see page 4
 - **Blood Pressure in the Normal Range!** page 13
 - **Fantastic Blood Pressure Reading!** see page 19
 - **Good Blood Tests, More Energy, and Healthy Blood Pressure!** page 15
- You too can have strong, healthy blood flow!**