

# Dr. Sinatra

AMERICA'S #1 INTEGRATIVE CARDIOLOGIST®

SUMMER 2013

THE HEART HEALTH REVIEW

## Over 7.5 Million Sold.



The **Omega Q Plus** supplements deliver comprehensive heart protection, anti-aging nutrition, and more!

- Provide lasting natural energy
- Boost "good" cholesterol
- Support healthy triglycerides
- Balance blood pressure
- Supercharge your brain power
- Improve circulation, and so much more!

The **Omega Q Plus**® supplements are quickly changing the face of modern cardiology, and changing lives!

“ 15 days and I must say...**AMAZING RESULTS** on my blood pressure. ” —Paul B.

“ **Best supplement I have ever taken**—it helps my circulation, energy, brain activity, sex drive, urine flow—wow! Wonderful! ” —Andrew D.

“ My energy level has increased and **I FEEL GREAT!** I will always take this supplement. ” —Tricia P.

\* Results may vary.

*Friends & Family Event!*  
**Get Valuable \$20 Coupons**

### SAVE \$20

**FOR YOU!**

on orders of \$99 or more.

See page 2 for details.

### SAVE \$20

**FOR THEM!**

on orders of \$99 or more.

See page 2 for details.

For fastest service call toll free **1-800-304-1708**



# Dr. Sinatra

95 Old Shoals Road  
Arden, NC 28704

## Order Today! Call toll free 1-800-304-1708

Prices valid through October 11, 2013.

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U.S. POSTAGE  
PAID  
DOCTORS'  
PREFERRED, LLC

Promo Code:

**See page 2 for details.**

Service Code:

**Join the  
Heart Health  
Conversation**  
drsinatra.com



9SIN0813DMC  
1424D060713



©Healthy Directions

**LAST CHANCE TO SAVE \$10 PER BOTTLE!**

# **NEW!** Nutrient breakthrough improves memory and learning in adults over 55

See inside now and discover how this  
incredible breakthrough can also:

- Support long-term brain health
- Maintain healthy circulation in the brain
- Promote cognitive function
- Protect brain cells from free-radical damage

Introductory price ends soon!

*See pages 8-9 for details.*



**LIMITED-TIME OFFER—INTRODUCTORY PRICE—SAVE \$10!**

### OMEGA DHA BRAIN DEFENSE™

| 120 softgels, 30-day supply                       | Item # | Reg. Price          | Your Price      |
|---------------------------------------------------|--------|---------------------|-----------------|
| <b>BUY 5, GET 2 FREE + \$50 OFF—SAVE \$209.98</b> | OMB72  | <del>\$559.93</del> | <b>\$349.95</b> |
| <b>BUY 3, GET 1 FREE + \$30 OFF—SAVE \$109.99</b> | OMB42  | <del>\$349.96</del> | <b>\$209.97</b> |
| <b>1 bottle + \$10 OFF—SAVE \$10.00</b>           | OMB12  | <del>\$79.99</del>  | <b>\$69.99</b>  |

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## SAVE \$20

**FOR THEM!**

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## Friends and Family Event! Valuable Coupons

See page 2 for details.

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# Dr. Sinatra

AMERICA'S #1 INTEGRATIVE CARDIOLOGIST®



“ You can be sure that every one of my targeted formulations is stimulant-free with your heart health in mind. ”

SUMMER 2013

## One size does not fit all.

Introducing targeted multivitamins  
to meet the specific needs  
of men's and women's bodies

See page 14 now!

### ALSO INSIDE:

- **NEW** powerful libido support for men!

... PAGE 2

- **NEW** for women: strong bones, balanced hormones, and more.

... PAGE 3

- Last chance to save on this exclusive **NEW** brain health formula.

... PAGE 8

*Friends & Family Event...*

Two valuable **\$20 OFF COUPONS** inside!

See page 2 for details.

For Fastest Service, Call Toll Free **1-800-304-1708**

# Dr. Sinatra

95 Old Shoals Road  
Arden, NC 28704

## Order Today! Call toll free 1-800-304-1708

Prices valid through October 25, 2013.

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U.S. POSTAGE  
PAID  
DOCTORS'  
PREFERRED, LLC

Promo Code:

See page 2 for details.

Service Code:

Join the  
Heart Health  
Conversation  
drs Sinatra.com



9SIN0813MM  
1424D060713



©Healthy Directions

# Take control of your cholesterol ratios In just 30 days!



**Advanced Cholesterol Solutions goes to work fast to:**

- › Boost healthy HDL cholesterol
- › Reduce LDL and triglyceride levels
- › Prevent harmful oxidation
- › Fight inflammation, and more!

See page 29 for details.

| ADVANCED CHOLESTEROL SOLUTIONS |        |                     |            |
|--------------------------------|--------|---------------------|------------|
| 30 capsules                    | Item # | Reg. Price          | Your Price |
| BUY 5, GET 2 FREE—SAVE \$79.98 | CHS70  | <del>\$279.93</del> | \$199.95   |
| BUY 3, GET 1 FREE—SAVE \$39.99 | CHS40  | <del>\$159.96</del> | \$119.97   |
| 1 bottle                       | CHS10  | —                   | \$39.99    |

For fastest service, call toll free today **1-800-304-1708**

## FREE Online Webinar with Dr. Sinatra!

**Join Dr. Stephen Sinatra on September 19, 2013 at 2pm (EST)** for a free, one-hour webinar about the real cause of heart disease and the best way to protect your heart health!

See page 30 for registration details.



# Dr. Sinatra

AMERICA'S #1 INTEGRATIVE CARDIOLOGIST®



“ You can be sure that every one of my targeted formulations is stimulant-free with your heart health in mind. ”

SUMMER 2013

**Thank You!** For Your Order

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Introducing targeted multivitamins  
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# Dr. Sinatra

95 Old Shoals Road  
Arden, NC 28704

## Order Today! Call toll free 1-800-304-1708

Prices valid through November 10, 2013.

PRSR: STD.  
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**Stay  
Connected**  
Heart Health News, Tips,  
Recipes, and More  
[drsinatra.com](http://drsinatra.com)



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©Healthy Directions

# Take control of your cholesterol ratios In just 30 days!



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- › Boost healthy HDL cholesterol
- › Reduce LDL and triglyceride levels
- › Prevent harmful oxidation
- › Fight inflammation, and more!

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| <b>BUY 3, GET 1 FREE—SAVE \$39.99</b> | CHS40  | <del>\$159.96</del> | <b>\$119.97</b> |
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Brand **NEW** for Men!  
Boost your libido,  
enhance your desire,  
and enjoy a satisfying  
sex life



INTRODUCTORY PRICE—  
**SAVE \$5!** per bottle



The key to better sex and intimacy lies in  
boosting your body's supply of free testosterone.

*Free testosterone* not only helps enhance sexual performance,  
but when used as part of a weight training program, can  
boost lean muscle mass as well!

That's why I formulated **Free-T Support™ for Men**—  
delivering the targeted nutrient support you need—  
boosting *free testosterone* to help:

- › Boost your libido
- › Improve sexual performance
- › Enhance desire
- › Promote prostate health

Here's how it works. I started with a standardized fenugreek  
extract called Testofen™. Used in Chinese medicine for  
centuries, in a double-blind, placebo-controlled study, more  
than 85% of test subjects reported increased libido in as little  
as three weeks!

Plus I've included epimedium, also known as horny goat  
weed, which is backed by centuries of traditional use to help  
support libido and desire. You also get zinc to support  
a healthy prostate.

So why wait? **Free-T Support** goes to work from day one to  
help spark your sexual desire and revitalize your sex life.

**And because I take your heart health very  
seriously, you can be sure that Free-T Support  
is stimulant-free and safe to take with today's  
most common heart medications.**

**SUPPLEMENT FACTS**

|                                                             |          |
|-------------------------------------------------------------|----------|
| TWO TABLETS GIVE YOU:                                       |          |
| Heart Healthy Libido Blend.....                             | 800 mg   |
| Testofen™ (fenugreek extract, seed)                         |          |
| Epimedium (stem and leaf)                                   |          |
| Zinc (as oxide) .....                                       | 20 mg    |
| Magnesium (as oxide) .....                                  | 150 mg   |
| Vitamin B6 (as pyridoxine HCl, pyridoxine-5-phosphate)..... | 20 mg    |
| Vitamin D (as cholecalciferol) .....                        | 1,000 IU |
| Kale Extract (leaf) .....                                   | 100 mg   |

**USAGE RECOMMENDATION:** Take 1 tablet twice a day.

| LIMITED-TIME OFFER—INTRODUCTORY PRICE—SAVE \$5!    |        |                     |                 |
|----------------------------------------------------|--------|---------------------|-----------------|
| FREE-T SUPPORT™ FOR MEN                            |        |                     |                 |
| 60 tablets, 30-day supply                          | Item # | Reg. Price          | Your Price      |
| BUY 5, GET 2 FREE + \$25 OFF— <b>SAVE \$114.98</b> | MTE72  | <del>\$314.93</del> | <b>\$199.95</b> |
| BUY 3, GET 1 FREE + \$15 OFF— <b>SAVE \$59.99</b>  | MTE42  | <del>\$179.96</del> | <b>\$119.97</b> |
| 1 bottle + \$5 OFF— <b>SAVE \$5.00</b>             | MTE10  | <del>\$44.99</del>  | <b>\$39.99</b>  |

Brand **NEW** for Women!  
Balance hormones,  
strengthen bones,  
relieve anxiety,  
and more



INTRODUCTORY PRICE—  
**SAVE \$5!** per bottle



As a woman ages and especially after menopause,  
her estrogen levels decline significantly. But the targeted  
nutrients in **Post-M Support™ for Women** can help:

- › Balance hormone levels
- › Support optimal bone strength and density
- › Enhance calcium absorption
- › Reduce stress and anxiety
- › Strengthen the immune system

**Post-M Support** starts with a powerful phytoestrogen  
called LinumLife® to balance hormone production and fight  
free-radical damage. This proprietary flaxseed extract is  
standardized for optimal lignan potency and, because there  
is some controversy associated with soy, it is my preferred  
choice of phytoestrogen.

Next, I added a unique extract called Bonolive®, which  
harnesses the potent polyphenols of olive leaves. These  
concentrated polyphenols have been shown to help boost  
osteocalcin production—a key bone-building marker—  
helping the body to build strong bones.

I've combined with optimal doses of calcium and vitamin  
D3, to further support bone production—plus vitamin K2,  
to ensure healthy bone density—ensuring that **Post-M  
Support** promotes strong, healthy bones.

You'll also get Sensoril®, a multi-patented, optimized  
ashwagandha extract, to help reduce cortisol levels—  
**relieving feelings of stress.**

With additional nutrients to promote healthy inflammatory  
response, support heart health, and enhance the immune  
system, **Post-M Support** is the perfect choice for women  
who are serious about supporting their mind and body in  
their post-menopausal years.

**SUPPLEMENT FACTS**

|                                                                  |        |
|------------------------------------------------------------------|--------|
| TWO TABLETS GIVE YOU:                                            |        |
| Bonolive® <sup>®</sup> (olive extract).....                      | 250 mg |
| Heart Healthy Balanced Blend .....                               | 200 mg |
| LinumLife® ♦ 20% Flax Lignans (flax extract, seed),              |        |
| Red Clover Extract (herb)                                        |        |
| Sensoril® <sup>®</sup> (ashwagandha extract, root and leaf)..... | 250 mg |
| Calcium (as carbonate from eggshell) .....                       | 300 mg |
| Vitamin D3 (as cholecalciferol) .....                            | 800 IU |
| Boron (as chelate) .....                                         | 3 mg   |
| Vitamin K2 (as menaquinone-7 from soy) .....                     | 30 mg  |

Contains soy and egg.

**USAGE RECOMMENDATION:** Take 2 tablets once daily.

<sup>®</sup>Bonolive™ is protected under U.S. Patent #8,138,224 and is a registered trademark of BioActor.  
<sup>®</sup>Sensoril® is protected under U.S. Patent #6,713,092 and is a registered trademark of Natreon, Inc.  
<sup>®</sup>LinumLife® is a registered trademark of Frutarom Inc.

| LIMITED-TIME OFFER—INTRODUCTORY PRICE—SAVE \$5!    |        |                     |                 |
|----------------------------------------------------|--------|---------------------|-----------------|
| POST-M SUPPORT™ FOR WOMEN                          |        |                     |                 |
| 60 tablets, 30-day supply                          | Item # | Reg. Price          | Your Price      |
| BUY 5, GET 2 FREE + \$25 OFF— <b>SAVE \$104.98</b> | WVT72  | <del>\$279.93</del> | <b>\$174.95</b> |
| BUY 3, GET 1 FREE + \$15 OFF— <b>SAVE \$54.99</b>  | WVT42  | <del>\$159.96</del> | <b>\$104.97</b> |
| 1 bottle + \$5 OFF— <b>SAVE \$5.00</b>             | WVT10  | <del>\$59.99</del>  | <b>\$34.99</b>  |

Friends *and*  
Family Event!

**\$20** SAVINGS FOR YOU!  
on orders of \$99 or more.

Enter Promo code: **20CCC813**

**\$20** SAVINGS FOR THEM!  
on orders of \$99 or more.

Enter Promo code: **20CFC813**

Enjoy these coupons—one for you and one for someone  
you love—good toward any Dr. Sinatra product!

Call toll free **1-800-304-1708**



# A strong foundation for a lifetime of heart health

All of the products in my **Omega Q Plus®** family start with three very specific nutrient recommendations, backed by more than 35 years of practice and research. Each is powerful in its own right but, when combined, they create an incredibly powerful foundation for a lifetime of heart health.

❶ Calamarine oil offers an ideal ratio of DHA and EPA to help promote balanced blood pressure levels and healthy cholesterol ratios. ❷ Hydro Q–Sorb CoQ10 offers optimal bioavailability and antioxidant protection and is a perfect partner to ❸ L-carnitine, which helps shuttle fuels into every heart cell ensuring real, lasting energy and a strong powerful heart. So please read on to discover the **Omega Q Plus** product that’s best for you!

TOP  
SELLER!



## Omega Q Plus with Resveratrol

Protects your heart and fights premature aging

I have some exciting news that won’t just improve your overall health...it just might extend your life!

Plus, studies show that resveratrol can protect your blood vessels while improving circulation and blood flow!

It’s called resveratrol and it’s a powerful polyphenol antioxidant found most notably in the skin of red grapes.

“My energy level has shot through the roof and my blood pressure has stabilized greatly.\*”

– Carmen F.

“I wanna 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.

“I had a check up on my cholesterol and blood pressure just last week and everything looked great.\*”

– Mary P.

\*Results may vary.

I added resveratrol to my number-one recommended heart health formula, **Omega Q Plus!**

For my **Omega Q Plus®** formula, I chose a special, patented form of resveratrol called resVida® because it’s the **ONLY** pure form of resveratrol backed by human clinical studies Plus, Harvard studies show resveratrol may even help slow the effects of aging!

Resveratrol also enhances insulin sensitivity and helps reduce inflammation for extraordinary anti-aging results.

But what makes this clinically researched breakthrough so exciting is that I’ve combined it with **Omega Q Plus**—the most powerful heart-protecting solution I’ve ever developed—to create **Omega Q Plus with Resveratrol**.

The most comprehensive solution to top-notch heart protection and anti-aging nutrition

As a cardiologist, I wanted to offer one comprehensive solution that could accelerate your energy, boost “good” cholesterol, support healthy triglycerides, improve circulation and blood pressure, promote a healthy immune system, promote optimal brain power, and so much more!

Protect your heart, fight premature aging, and feel your absolute best—order **Omega Q Plus with Resveratrol** today!

“In the same, easy, 2 softgel daily dose, you get the complete **Omega Q Plus** formula for heart health and vitality, plus 30 mg of **resVida resveratrol**”

- Significantly improve blood flow
- Balance blood pressure levels
- Promote healthy aging
- Fight free-radical damage
- Support normal cell replication
- Promote optimal mental function

So when I saw the studies showing that resveratrol could help improve circulation and slow the effects of aging—when I read that resVida is the only pure form of resveratrol backed by human clinical trials—I knew I had found a truly remarkable improvement to **Omega Q Plus**, an already groundbreaking product.

And you can be sure that just like **Omega Q Plus**, **Omega Q Plus with Resveratrol** is held to the highest standards of purity, potency, and effectiveness.

| SUPPLEMENT FACTS                                      |          |
|-------------------------------------------------------|----------|
| TWO SOFTGELS GIVE YOU:                                |          |
| Calamarine®† Oil Concentrate (from squid)             | 1,250 mg |
| DHA (docosahexaenoic acid)*                           | 350 mg   |
| EPA (eicosapentaenoic acid)*                          | 150 mg   |
| Hydro Q-Sorb®‡ Coenzyme Q10 (as ubiquinone)           | 50 mg    |
| resVida®§ Resveratrol                                 | 30 mg    |
| L-Carnitine (as fumarate)                             | 200 mg   |
| Vitamin B6 (as pyridoxine HCl, pyridoxal-5-phosphate) | 30 mg    |
| Folic Acid                                            | 400 mcg  |
| Vitamin B12 (as cyanocobalamin)                       | 750 mcg  |
| * As ethyl esters                                     |          |

🛒 **USAGE RECOMMENDATION:** Take 2 softgels once daily with a meal. For added support, take 2 softgels twice daily with a meal.

†CALAMARINE® is a registered trademark of Pharma Marine AS.  
‡Hydro Q-Sorb® and Omega Q Plus® are registered trademarks of Tishcon Corp.  
§resVida is a registered trademark of DSM Nutritional Products, Inc.

| OMEGA Q PLUS® WITH RESVERATROL   |        |                     |            |
|----------------------------------|--------|---------------------|------------|
| 60 softgels, 30-day supply       | Item # | Reg. Price          | Your Price |
| BUY 5, GET 2 FREE—SAVE \$79.98** | YEA70  | <del>\$279.93</del> | \$199.95   |
| BUY 3, GET 1 FREE—SAVE \$39.99*  | YEA40  | <del>\$159.96</del> | \$119.97   |
| 1 bottle                         | YEA10  | —                   | \$39.99    |

\*\* You'll receive 2 bottles with 180 softgels each, 1 bottle with 60 softgels  
\* You'll receive 1 bottle with 180 softgels, 1 bottle with 60 softgels

# Omega Q Plus with Vitamin D3

strengthens bones,  
boosts immunity, and more!



**Vitamin D3 has been underestimated and underutilized for long enough.**

This critical, powerhouse nutrient helps strengthen bones, boost immunity, and even improve your mood.

**That's why I've added it to Omega Q Plus!**

I developed **Omega Q Plus** more than five years ago to offer readers like you the most potent and extensive natural heart support available.

But, it's important for me to stay on top of new breakthroughs, new research, higher quality ingredients, and cutting-edge nutrient combinations—not only because I'm a cardiologist and a researcher, but because you've put your trust in me, and I take that trust very seriously.

**Omega Q Plus with Vitamin D3 harnesses the power of the sun offering superior, year-round, heart protection, plus:**

- Optimal calcium absorption
- Healthy bones and joints
- Healthy immune support
- Strong muscles and improved mobility
- Balanced, positive mood

Don't be fooled by products offering inferior vitamin D2... only vitamin D3 (the only form I would include in a nutritional supplement) comes with all of these benefits and more!

Order your risk-free supply of  
**Omega Q Plus with Vitamin D3** today!

Years ago, even before vitamin D started demanding more attention from the natural health world, I took notice of its remarkable health benefits. And the body of research on the many powers of vitamin D continues to impress me.

That's why I was excited to combine it with the comprehensive heart protection of **Omega Q Plus**.

*Stephen Sinatra M.D.*

**SUPPLEMENT FACTS**

**TWO SOFTGELS GIVE YOU:**

|                                                             |                 |
|-------------------------------------------------------------|-----------------|
| Calamarine®† Oil Concentrate (from squid) .....             | 1,250 mg        |
| DHA (docosahexaenoic acid)* .....                           | 350 mg          |
| EPA (eicosapentaenoic acid)* .....                          | 150 mg          |
| Hydro Q-Sorb®‡ Coenzyme Q10 (as ubiquinone) .....           | 50 mg           |
| <b>Vitamin D3</b> .....                                     | <b>2,000 IU</b> |
| L-Carnitine (as fumarate) .....                             | 200 mg          |
| Vitamin B6 (as pyridoxine HCl, pyridoxal-5-phosphate) ..... | 30 mg           |
| Folic Acid .....                                            | 400 mcg         |
| Vitamin B12 (as cyanocobalamin) .....                       | 750 mcg         |

\*As ethyl esters

📌 **USAGE RECOMMENDATION:** Take 2 softgels once daily with a meal. For added support, take 2 softgels twice daily with a meal.

†**CALAMARINE**® is a registered trademark of Pharma Marine AS.  
‡Hydro Q-Sorb® and Omega Q Plus® are registered trademarks of Tishcon Corp.

| OMEGA Q PLUS® WITH VITAMIN D3         |        |                     |                 |
|---------------------------------------|--------|---------------------|-----------------|
| 60 softgels, 30-day supply            | Item # | Reg. Price          | Your Price      |
| <b>BUY 5, GET 2 FREE—SAVE \$69.98</b> | YDA70  | <del>\$244.93</del> | <b>\$174.95</b> |
| <b>BUY 3, GET 1 FREE—SAVE \$34.99</b> | YDA40  | <del>\$139.96</del> | <b>\$104.97</b> |
| 1 bottle                              | YDA10  | —                   | <b>\$34.99</b>  |

Cardiologist formulated:  
**Original Omega Q Plus**  
protects your heart  
and your entire body



- Long lasting boost of daily energy
- Healthy blood pressure levels
- Optimal “good” HDL levels
- Improved circulation
- Combats inflammation
- Superior brain power
- And so much more...

long-lasting energy to beat fatigue and help you live life to the fullest!

You also get L-Carnitine and a powerful array of B-vitamins for added energy, toxin removal, and more.

Protect your heart and entire body—  
order your supply of **Omega Q Plus** today!

**DHA-rich Calamarine Omega-3 oil—the discovery that makes ordinary fish oil obsolete**

Calamarine® omega-3 oil has far **MORE heart-healthy DHA than most ordinary fish oil!** And growing research suggests that DHA works the hardest to **improve your heart health, plus support your brain, nerves, eyes, and colon.**

Plus, Calamarine has **NO fishy aftertaste** and won't cause “fishy burps.” But that's only one part of the story...

**Hydro Q-Sorb CoQ10—for incredible energy and antioxidant protection**

Cardiologists often call CoQ10 the “miracle nutrient” because it fuels your cellular power plants while it also hunts and destroys free radicals that can damage your heart health and overall well-being.

**Omega Q Plus** features a patented, cutting-edge form of CoQ10 called **Hydro Q-Sorb®**, which is **8 times better absorbed** than ordinary powdered CoQ10 for remarkable,

**SUPPLEMENT FACTS**

**TWO SOFTGELS GIVE YOU:**

|                                                             |                       |
|-------------------------------------------------------------|-----------------------|
| Calamarine®† Oil Concentrate (from squid) .....             | 1,250 mg              |
| DHA (docosahexaenoic acid)* .....                           | 350 mg                |
| EPA (eicosapentaenoic acid)* .....                          | 150 mg                |
| Hydro Q-Sorb®‡ Coenzyme Q10 .....                           | 50 mg (as ubiquinone) |
| L-Carnitine (as fumarate) .....                             | 200 mg                |
| Vitamin B6 (as pyridoxine HCl, pyridoxal-5-phosphate) ..... | 30 mg                 |
| Folic Acid .....                                            | 400 mcg               |
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\*As ethyl esters

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| 1 bottle                                | YCA10  | —                   | <b>\$29.99</b>  |

\*\* You'll receive 2 bottles with 180 softgels each, 1 bottle with 60 softgels  
\* You'll receive 1 bottle with 180 softgels, 1 bottle with 60 softgels

Exclusive **NEW** discovery with pure DHA!

# Clinically shown to improve brain health, memory, and protect against cognitive decline

One of the most common concerns I hear from men and women in their 50s (or beyond) is that they're worried about staying mentally sharp and independent.

A first of its kind, I formulated **Omega DHA Brain Defense™** with a combination of powerful nutrients that can support long-term brain health, memory, learning, and overall cognitive function, while promoting circulatory health in and around the brain.

## Advanced source of DHA clinically shown to improve memory and learning in adults over 55

I've developed **Omega DHA Brain Defense** to address these concerns at their source—supporting cognitive function and protecting your delicate brain cells from the free-radical damage that can cause premature aging.

I began with the omega-3 fatty acid DHA. The same essential fatty acid I prefer for heart health may also be the single most crucial nutrient for brain protection and cognitive function. In fact, the highest concentrations of DHA are found in your brain (40% or more!), yet it's nearly impossible to get enough from your daily diet.

And studies show that men and women over 55 with the highest levels of DHA were most likely to maintain a healthy brain and cognitive function.

DHA helps protect delicate nerve membranes from free-radical damage, and perhaps most importantly, it helps facilitate nerve cell communication, which is critically important for clear thinking and memory.

Sourced from carefully cultivated algae, the DHA I have chosen is incredibly pure and potent and has been clinically

studied—900 mg is the researched dose of DHA clinically shown to help:

- Improve memory and learning in adults over 55
- Support long-term brain health
- Maintain healthy circulation in the brain
- Promote cognitive health
- Protect brain cells from free-radical damage

DHA also has a beneficial effect on heart rate, blood pressure, HDL and triglyceride levels. But that's just the beginning!

## Antioxidants help promote long-term brain health and prevent free-radical damage and premature aging

Your brain consumes roughly 20% of the oxygen you breathe—more oxygen than any other organ in the body. And that means your delicate brain cells are also among the most susceptible to oxidation and free-radical damage.

But **Omega DHA Brain Defense** has you covered—Tocomin® is a full-spectrum vitamin E complex offering unmatched antioxidant protection for your brain cells and the arteries that deliver oxygen-rich blood to your brain. It can also help reduce the free-radical damage that can lead to premature aging.

## Preserve memory, protect brain function, and help ensure a lifetime of independence and cognitive clarity

Rounding out this revolutionary formula is a unique and proprietary form of folic acid called Quatrefolic®.

Quatrefolic is up to seven times more bioavailable than ordinary folic acid and can help reduce homocysteine levels,

“Omega DHA Brain Defense offers one of the purest, richest sources of brain-nourishing DHA for long-term brain health and cognitive support”

*Stephen Sinatra M.D.*

boosting not only heart health...but protecting your brain, memory, recall, and cognitive health.

Never before have these three exclusive, proprietary nutrients come together in one place—revolutionizing how we approach long-term brain health.

If you're a man or woman over 50, don't wait. Order **Omega DHA Brain Defense** today!

### SUPPLEMENT FACTS

#### FOUR SOFTGELS GIVE YOU:

|                                                                  |         |
|------------------------------------------------------------------|---------|
| Vitamin E (as d-alpha tocopherol) .....                          | 28 IU   |
| Folate (as 5-methyltetrahydrofolic acid glucosamine salt)* ..... | 100 mcg |
| DHA Algal Oil® (docosahexaenoic acid) .....                      | 900 mg  |
| Tocomin®** .....                                                 | 200 mg  |
| Tocotrienol/Tocopherol Complex (from palm oil) .....             |         |

 **USAGE RECOMMENDATION:** Take 2 softgels twice daily with a meal.

Contains soy.

\***Quatrefolic** is a registered trademark of Gnosis S.p.A Corporation and protected by US Patent No. 7,947,662

® **life'sDHA** is a trademark of DSM.

\*\***Tocomin** is a registered trademark of Carotech Inc and protected by US Patent No. 5,157,132 and other pending patents

### LIMITED-TIME OFFER—INTRODUCTORY PRICE—SAVE \$10!

| OMEGA DHA BRAIN DEFENSE™                           |        |                     |                 |
|----------------------------------------------------|--------|---------------------|-----------------|
| 120 softgels, 30-day supply                        | Item # | Reg. Price          | Your Price      |
| BUY 5, GET 2 FREE + \$50 OFF— <b>SAVE \$209.98</b> | OMB72  | <del>\$559.93</del> | <b>\$349.95</b> |
| BUY 3, GET 1 FREE + \$30 OFF— <b>SAVE \$109.99</b> | OMB42  | <del>\$349.96</del> | <b>\$209.97</b> |
| 1 bottle + \$10 OFF— <b>SAVE \$10.00</b>           | OMB12  | <del>\$79.99</del>  | <b>\$69.99</b>  |

INTRODUCTORY PRICE—**SAVE \$10!** per bottle

**NEW!**



## Not all Omega-3 oils were created equal—here's why...

Fish oil enjoyed the omega-3 spot light for a long time, and with good reason. Omega-3 fatty acids can do wonderful things for your entire body. But as I've kept up with ongoing research, it became clear that some omega-3 oils are better suited to meet targeted health needs over others.

I choose Calamarine oil for my heart-focused supplements because it offers a naturally higher ratio of DHA and EPA for optimal cholesterol ratios, blood pressure, and overall heart function. While algae oil is a pure DHA-only, making it perfect for brain health. In fact it's clinically shown to improve memory and learning.

That's why this extremely pure and powerful form of DHA is the foundation of my brand new **Omega DHA Brain Defense™**. So read more and learn what this brand new breakthrough can do for you or someone you love.



# See a 58% decrease in joint pain

Clinical studies prove that this natural breakthrough can help ease joint pain and stiffness—reduce inflammation—and help you reclaim your active lifestyle in as little as 90 days.

**Omega-3 Joint Solutions** contains ingredients clinically designed to be extremely easy on your stomach while actually improving heart health.

### Omega-3 Joint Solutions:

- › Alleviates everyday joint pain and stiffness
- › Promotes normal inflammatory response
- › Supports blood vessel health
- › Safe to take with heart medicines

Many remedies people take for everyday joint pain can cause digestive system problems—some of which are especially worrisome if you're taking cardiovascular medicine. But **Omega-3 Joint Solutions** features a revolutionary, all-natural ingredient called Meriva® that has unprecedented anti-inflammatory power...without the side effects.

### 45 times better absorption for faster relief!

Meriva is an exclusive 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 free radicals. And at a 1,000 mg dose, Meriva works to block top pain-causing enzymes.

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%.

And participants reported they were significantly more satisfied with their social function and overall well-being.

I also included DHA-rich Calamarine® oil in my **Omega-3 Joint Solutions** formula for added joint and cardiovascular support.

### Meriva—Proven to Fight Pain and Inflammation

In a controlled, human study, patients using Meriva for 90 days reported:

|                     |                          |                                  |
|---------------------|--------------------------|----------------------------------|
| <b>58%</b>          | <b>54%</b>               | <b>61%</b>                       |
| Improvement in Pain | Improvement in Stiffness | Improvement in Physical Function |

Belcaro G, et al. *Pain Medicine*. 2010.

Say goodbye to joint pain and stiffness—order **Omega-3 Joint Solutions** today!

### SUPPLEMENT FACTS

#### TWO SOFTGELS GIVE YOU:

|                                                         |        |
|---------------------------------------------------------|--------|
| Meriva®† Curcumin Phytosome.....                        | 1 g    |
| Turmeric extract (root), Phosphatidylcholine (from soy) |        |
| Calamarine®‡ Oil Concentrate (from squid).....          | 500 mg |
| DHA (docosahexaenoic acid)*.....                        | 140 mg |
| EPA (eicosapentaenoic acid)*.....                       | 60 mg  |

\* As ethyl esters

Contains soy.

 **USAGE RECOMMENDATION:** Take 2 softgels daily with a meal.

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

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

| OMEGA-3 JOINT SOLUTIONS        |        |                     |                 |
|--------------------------------|--------|---------------------|-----------------|
| 60 softgels, 30-day supply     | Item # | Reg. Price          | Your Price      |
| BUY 5, GET 2 FREE—SAVE \$59.98 | MCC70  | <del>\$209.93</del> | <b>\$149.95</b> |
| BUY 3, GET 1 FREE—SAVE \$29.99 | MCC40  | <del>\$119.96</del> | <b>\$89.97</b>  |
| 1 bottle                       | MCC10  | —                   | <b>\$29.99</b>  |

# My preferred source of OMEGA-3s

for a healthy heart, eyes, and more—without fishy burps

Fish oil has finally met its match. Because, when it comes to optimal heart health and overall well-being **Omega-3 Calamarine®** oil beats it by a landslide.

Fish oil has long been a trusted source of EPA and DHA, but mounting research shows that DHA plays a far more important role in cardiovascular health. In fact, studies show that DHA is far more important when it comes to:

- › Promoting healthy blood pressure levels
- › Support healthy cholesterol ratios
- › Boosting HDL cholesterol levels
- › Supporting healthy blood vessel function
- › Supporting your body's natural anti-inflammatory response

Plus, **Omega-3 Calamarine** Oil comes from a sustainably sourced calamari (squid) caught in pristine South American waters. And unlike fish oil—typically sourced from salmon, tuna, herring, sardines, and anchovies—calamari have a very short life cycle, meaning there is a constantly renewed supply with no threat of over-fishing.

If you need additional heart health support, **Omega-3 Calamarine** is a safe, simple way to add more DHA firepower to the supplements you're already taking.

Here are the total DHA and EPA amounts that I recommend you take daily:

| For maintaining good heart health | For extra support if you have heart concerns |
|-----------------------------------|----------------------------------------------|
| 1,000 mg DHA, and 200-500 mg EPA  | 1,000–2,000 mg DHA, and 500-1,000 mg EPA     |

†Mori TA, et al. *Hypertension* 1999; 34(2):253-60. ‡Mori TA, et al. *Circulation* 2000; 102(11):1264-9.

§Mori TA, et al. *Curr Opin Clin Nutr Metab Care* 2006; 9:95-104.



## Are you getting enough DHA?

**For blood pressure**, research shows DHA has a far better effect than EPA on blood pressure levels.

**DHA boosts your circulation.** In a study, DHA outperformed EPA for improving vasodilation.

**Your eyes need DHA.** DHA supports eye health—especially retinal health and function.

**DHA promotes healthy mental processing.** A nine-year study showed that DHA, not EPA, is associated with better cognitive health and brain function.

### SUPPLEMENT FACTS

#### TWO SOFTGELS GIVE YOU:

|                                               |        |
|-----------------------------------------------|--------|
| Calamarine® Oil Concentrate (from squid)..... | 2 g    |
| DHA (docosahexaenoic acid)*.....              | 570 mg |
| EPA (eicosapentaenoic acid)*.....             | 250 mg |

\* As ethyl esters

 **USAGE RECOMMENDATION:** 1 softgel twice daily with a meal.

†CALAMARINE® is a registered trademark of Pharma Marine AS.

| OMEGA-3 CALAMARINE®            |        |                     |                |
|--------------------------------|--------|---------------------|----------------|
| 60 softgels, 30-day supply     | Item # | Reg. Price          | Your Price     |
| BUY 5, GET 2 FREE—SAVE \$29.98 | CAL70  | <del>\$104.93</del> | <b>\$74.95</b> |
| BUY 3, GET 1 FREE—SAVE \$14.99 | CAL40  | <del>\$59.96</del>  | <b>\$44.97</b> |
| 1 bottle                       | CAL10  | —                   | <b>\$14.99</b> |

# A slim waist means a healthier heart!

## Shed up to 30 lbs. in 90 days!

In clinical studies, when the GreenSelect Phytosome in **Omega-3 SLIM™** was combined with a reduced-calorie diet, test subjects **TRIPLE** their weight loss efforts—shedding an average of 30 pounds in just 90 days.

As a cardiologist, I know that even a few excess pounds can impact your heart health, blood pressure, cholesterol ratios, and more.

So I formulated **Omega-3 SLIM** so that, no matter what your weight loss goals are, you have a safe, natural, stimulant-free way to jumpstart your weight loss goals.

### Omega-3 SLIM goes to work from day one...

- ▶ Boosting metabolism to burn more calories
- ▶ Maintaining lean muscle and reducing body fat
- ▶ Promoting steady blood sugar levels
- ▶ Helping to fight cravings
- ▶ Maintaining energy levels

So I developed **Omega-3 SLIM**, a groundbreaking weight loss formula, to work with any healthy eating plan to help you...

### Conquer your toughest roadblocks to successful weight loss!

And because your heart health is my primary concern, you can be sure it is 100% stimulant free and safe to take with today's most common heart medicines.

Lose weight quickly and easily—  
order **Omega-3 SLIM** today!



Same weight-dissolving power as **Omega-3 Weight Loss**, with a brand new name!

#### SUPPLEMENT FACTS

##### TWO SOFTGELS GIVE YOU:

|                                                 |        |
|-------------------------------------------------|--------|
| Calamarine®† Oil Concentrate (from squid) ..... | 500 mg |
| DHA (docosahexaenoic acid)* .....               | 140 mg |
| EPA (eicosapentaenoic acid)* .....              | 60 mg  |
| GreenSelect®‡ Phytosome .....                   | 300 mg |
| Phosphatidylcholine (from soy)                  |        |
| Green Tea Extract (leaf, decaffeinated)         |        |
| GlucoHelp®†† Banaba Extract (leaf) .....        | 3 mg   |

\*As ethyl esters

Contains soy.

**USAGE RECOMMENDATION:** Take 1 softgel twice daily with a meal.

†GlucoHelp® is a registered trademark of Soft Gel Technologies, Inc.

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

§GreenSelect® is a registered trademark of Indena S.p.A.

| OMEGA-3 SLIM™                         |        |                     |                 |
|---------------------------------------|--------|---------------------|-----------------|
| 60 softgels, 30-day supply            | Item # | Reg. Price          | Your Price      |
| <b>BUY 5, GET 2 FREE—SAVE \$59.98</b> | OMW70  | <del>\$209.93</del> | <b>\$149.95</b> |
| <b>BUY 3, GET 1 FREE—SAVE \$29.99</b> | OMW40  | <del>\$119.96</del> | <b>\$89.97</b>  |
| 1 bottle                              | OMW10  | —                   | <b>\$29.99</b>  |

### Losing weight and protecting your heart just got easier!

Over the last 20–30 years, there has been a dramatic increase in the number of overweight people in the United States. As a cardiologist, this couldn't be more concerning.

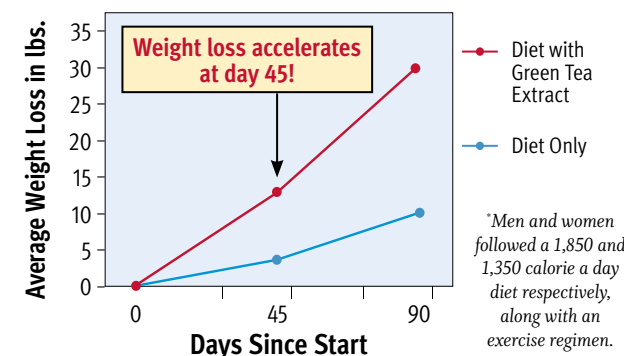
That's why I developed Omega-3 SLIM as a safe, natural, stimulant-free way to help you shed those extra pounds.

Losing even a few extra pounds can help reduce blood pressure, improve cholesterol ratios, and take undo stress off your heart.

*Stephen Sinatra M.D.*

### Lose up to 30 Pounds in 90 Days\*

Controlled, clinical study results on GreenSelect Phytosome



Di Pierro, et al. *Altern Med Rev.* 2009 Jun;14(2):154–60.

Study subjects saw a remarkable boost in their weight loss efforts after 45 days, with continued improvements through the end of the 90-day study period.

But to get these results for yourself it's important to make **Omega-3 SLIM** part of your daily diet and stick with it for a full 90 days.

Healthy Recipe



### Mediterranean Chicken with Artichoke, Peppers, and Olives

- ▶ 8 ounces chicken breast, cubed or sliced
- ▶ 4 Tbsp. all-purpose flour
- ▶ Freshly ground black pepper to taste
- ▶ 3 Tbsp. extra virgin olive oil
- ▶ 1 garlic clove, minced
- ▶ 2 roasted red peppers, from jar, cut into strips
- ▶ 20 medium black olives pitted
- ▶ One 6-ounce jar of marinated artichokes, kept in liquid
- ▶ 8 ounce cooked short pasta such as ziti

Roll the chicken cubes in flour to coat, and sprinkle with pepper. Heat the oil in a large skillet over medium-low heat. Add garlic and cook for about 2 minutes; do not allow to brown. Add the chicken and cook for about 4 minutes, turning until lightly browned on all sides. Add the peppers and olives and heat through, about 2–3 minutes. Add the artichokes with liquid and cook until heated through, 3 minutes more. Serve over short pasta. Makes two servings.

*Nutrition Facts (per serving):* Calories 460, Fat 31.5 g, Sodium 553 mg, Carbs 113 g, Fiber 5 g, Protein 55 g.

For even more heart healthy recipes, visit <http://www.drstinatra.com/recipes-2>

When it comes to broad-spectrum multivitamins,

# One size does not fit all.



A lifetime of natural energy, a healthy metabolism, a sharp mind, a powerful immune system, and anti-aging protection starts with a high-quality, high-potency multinutrient formula.

And that's exactly what my **Heart Healthy Multivitamin** delivers. Not just vitamins, but the minerals, botanical extracts, and targeted nutrients you need to look and feel your best.

Plus an added supply of the nutrients most typically depleted by today's common heart medications.

But then I took the *one size does not fit all* concept a step further...

## Simple tips to beat seasonal allergies!

Simply mix one teaspoon of salt into a sink full of warm water, immerse your hands and face in the water, and blink several times. This cleans the water, and blink several times. You can also draw some of the water into your nostrils and expel it to flush pollen from your nasal passages.

Stay away from mucus-producing foods such as milk, cream, cheese, and ice cream. And avoid wine or drink organic varieties to minimize allergy-inducing sulfites.

*Stephen Sinatra M.D.*

## Introducing... Heart Healthy Multivitamin for Men and for Women

**Heart Healthy Multivitamin for Men** includes added zinc, selenium, pumpkin seed extract, lycopene, and more—each shown to offer superior prostate support. A common concern as men age. It also contains less calcium than the women's blend—another factor for promoting prostate health.

**Heart Healthy Multivitamin for Women** offers higher levels of magnesium and calcium to ensure strong healthy bones. Plus a youth-enhancing blend of biotin, silicon, lutein, and alpha lipoic acid for healthy hair, skin, and nails. And we rounded out the women's formula with boron and flax lignans to help balance hormones and support breast health.

Whether you're a man or a woman, my **Heart Healthy Mutivitamin** is formulated to work safely alongside your current medications

Looking for all-day energy, immune support, heart health, and more? Give your body the daily supply of nutrient support you can feel. Try my **Heart Healthy Multivitamin** risk-free today!

Find out more online @ [drs Sinatra.com](http://drs Sinatra.com)

## Formulated for Men...

with exclusive blends for heart and prostate health



## Formulated for Women...

with targeted heart, breast, hormone, and bone nutrients



**Introducing:** A broad-spectrum multivitamin clinically designed with your heart health in mind...

- The energy, focus, and endurance a man needs
- Added support for prostate health
- A heart-healthy blend of antioxidants
- A prostate-safe dose of calcium



- Targeted support for skin, hair, and nails
- Added calcium and magnesium for healthy bones
- Support for hormone balance and breast health
- Optimal urinary health

### SUPPLEMENT FACTS

Four tablets give you:

|                                                                                                                 |               |
|-----------------------------------------------------------------------------------------------------------------|---------------|
| <b>Vitamin E</b> (as d-alpha tocopheryl succinate)                                                              | <b>300 IU</b> |
| Selenium (as selenomethionine)                                                                                  | 250 mcg       |
| <b>Calcium</b> (as carbonate from eggshell, ascorbate)                                                          | <b>200 mg</b> |
| <b>Men's Heart Healthy Blend</b>                                                                                |               |
| Citrus Bioflavonoids, Mixed Tocopherols, Grape Seed Extract, Olive Leaf Extract, Trans Resveratrol              | <b>310 mg</b> |
| Lutein (from marigold flower)                                                                                   | 2 mcg         |
| Silicon (as dioxide)                                                                                            | 25 mg         |
| <b>Prostate Health Blend</b>                                                                                    |               |
| Nettle Extract (root), Pumpkin Seed Extract, Graminex G63™* Flower Pollen Extract, Lycopene (from tomato fruit) | <b>250 mg</b> |
| Biotin                                                                                                          | 200 mcg       |
| Magnesium (as oxide, ascorbate)                                                                                 | 200 mg        |
| Zinc (as oxide)                                                                                                 | 20 mg         |

**Plus these core nutrients:** Vitamin A (from mixed carotenoids, retinyl palmitate) 5,000 IU; Vitamin C (as mineral ascorbates, ascorbic acid) 300 mg; Vitamin D<sub>3</sub> (as cholecalciferol) 1,000 IU; Copper (as gluconate) 1 mg; Manganese (as gluconate) 1.4 mg; Chromium (as polynicotinate) 200 mcg; Molybdenum (as chelate) 80 mcg; Thiamine (as mononitrate) 20 mg; Riboflavin 20 mg; Niacin (as niacinamide) 40 mg; Vitamin B6 (as pyridoxine HCl) 40 mg; Folic Acid 400 mcg; Vitamin B12 (as cyanocobalamin) 200 mcg; Pantothenic Acid (as calcium pantothenate) 40 mg; Iodine (from kelp) 26 mcg; Vanadium (as sulfate) 200 mcg

\*Graminex G63™ is a trademark of Graminex LLC.

Contains Egg.

**USAGE RECOMMENDATION:** Take 4 tablets daily with a meal.

| HEART HEALTHY MULTIVITAMIN FOR MEN    |        |                     |                |
|---------------------------------------|--------|---------------------|----------------|
| 120 tablets, 30-day supply            | Item # | Reg. Price          | Your Price     |
| <b>BUY 5, GET 2 FREE—SAVE \$39.98</b> | DNM70  | <del>\$139.93</del> | <b>\$99.95</b> |
| <b>BUY 3, GET 1 FREE—SAVE \$19.99</b> | DNM40  | <del>\$79.96</del>  | <b>\$59.97</b> |
| 1 bottle                              | DNM10  | —                   | <b>\$19.99</b> |

### SUPPLEMENT FACTS

Four tablets give you:

|                                                                                                                              |               |
|------------------------------------------------------------------------------------------------------------------------------|---------------|
| <b>Calcium</b> (as carbonate from eggshell, ascorbate)                                                                       | <b>500 mg</b> |
| Vitamin E (as d-alpha tocopheryl succinate)                                                                                  | 100 IU        |
| <b>Women's Heart Healthy Blend</b>                                                                                           |               |
| Citrus Bioflavonoids, Green Tea Extract (leaf), Mixed Tocopherols, Grape Seed Extract, Olive Leaf Extract, Trans Resveratrol | <b>410 mg</b> |
| Selenium (as selenomethionine)                                                                                               | 200 mcg       |
| <b>Cranberry Extract</b> (fruit)                                                                                             | <b>100 mg</b> |
| Biotin                                                                                                                       | 500 mcg       |
| <b>Hormone &amp; Breast Health Blend</b> Flax Lignans, Boron Chelate                                                         | <b>52 mg</b>  |
| <b>Hair, Skin &amp; Nails Blend</b>                                                                                          |               |
| Silicon (as dioxide), Alpha Lipoic Acid, Lutein (from marigold flower)                                                       | <b>116 mg</b> |
| Magnesium (as oxide, ascorbate)                                                                                              | 250 mg        |
| Zinc (as oxide)                                                                                                              | 15 mg         |

**Plus these core nutrients:** Vitamin A (from mixed carotenoids, retinyl palmitate) 5,000 IU; Vitamin C (as mineral ascorbates, ascorbic acid) 300 mg; Vitamin D<sub>3</sub> (as cholecalciferol) 1,000 IU; Copper (as gluconate) 1 mg; Manganese (as gluconate) 1.4 mg; Chromium (as polynicotinate) 200 mcg; Molybdenum (as chelate) 80 mcg; Thiamine (as mononitrate) 20 mg; Riboflavin 20 mg; Niacin (as niacinamide) 40 mg; Vitamin B6 (as pyridoxine HCl) 40 mg; Folic Acid 400 mcg; Vitamin B12 (as cyanocobalamin) 200 mcg; Pantothenic Acid (as calcium pantothenate) 40 mg; Iodine (from kelp) 26 mcg; Vanadium (as sulfate) 200 mcg

Contains Egg.

**USAGE RECOMMENDATION:** Take 4 tablets daily with a meal.

| HEART HEALTHY MULTIVITAMIN FOR WOMEN  |        |                     |                |
|---------------------------------------|--------|---------------------|----------------|
| 120 tablets, 30-day supply            | Item # | Reg. Price          | Your Price     |
| <b>BUY 5, GET 2 FREE—SAVE \$39.98</b> | DNW70  | <del>\$139.93</del> | <b>\$99.95</b> |
| <b>BUY 3, GET 1 FREE—SAVE \$19.99</b> | DNW40  | <del>\$79.96</del>  | <b>\$59.97</b> |
| 1 bottle                              | DNW10  | —                   | <b>\$19.99</b> |

# Cutting-edge nutrient formula delivers Anti-Aging breakthrough!

Up to **100 TIMES THE POWER** of other antioxidants

The breakthrough I'm about to introduce you to doesn't just help extend your lifespan. . . it extends your youth span. Extending your youth span means slowing the aging process while ensuring that you continue feeling young, vibrant, and energized every single day.

My research team pulled nature's most potent anti-aging nutrients from the sea, the Earth, and the sun. And the result is **Seanol® Longevity Plus**, a three-pronged anti-aging solution so powerful, not only do I recommend it to every one of my patients—I take it every day.

## 1 Ancient secret helps you feel younger with each passing day!

Nature's most powerful anti-aging solution was discovered off the coast of Korea over 2,000 years ago. And thanks to a \$39 million research project, modern science has proven that **Seanol**, a brown seaweed extract, is **one of the most powerful ways to slow the aging process**.

Packing 100 times the anti-aging power of green tea, **Seanol** protects your body against the dangers of free radicals 24 times longer as well. Ensuring you can **feel younger, healthier, and more energized every hour of your day**.

## 2 Switch on your "longevity gene" and revitalize your youth span

**Resveratrol**, a potent antioxidant, found in the skin of red grapes, has shown **tremendous benefits for the heart and in the fight against the aging process**.

In 2003, Harvard University researchers proved that resveratrol activates a gene called *sirtuin*—the gene most directly responsible for your lifespan. Activating your longevity gene means **extending not only your lifespan, but your youth span**.

And the **resveratrol** you'll get in each daily serving of **Seanol Longevity Plus** not only helps slow the effects of aging, but it is the **only pure form of resveratrol backed by human clinical trials shown to help improve blood flow!**

## 3 Feel like every day is a warm, sunny spring afternoon

There's a reason we feel energized by a warm, sunny day. That's because the sun's rays allow the body to produce vitamin D3.

Vitamin D helps balance and elevate mood and is well-documented for its role in maintaining bone health. Plus its antioxidant powers protect your heart, cells, and immune system from the age-promoting ravages of free-radical damage.

That's why I made absolutely certain that we used vitamin D3 in **Seanol Longevity Plus**. It's absorbed up to three times better than forms you might find in cheap grocery store vitamins.

So why wait? Put **Seanol Longevity Plus** to work today—**feel younger, protect your heart, and redefine your concept of aging**.

If you aren't thrilled with the results, simply call us within 90 days for a prompt and courteous refund.

Find out more online @ [drsinatra.com](http://drsinatra.com)

# Seanol Longevity Plus

shatters the rules of aging!



Actual Capsule Size



## Not all resveratrol was created equal—and I insist on the best!

When I first read about resveratrol, several years ago, all of the anti-aging hype was focused on one rat study. And although at the time, it was groundbreaking...we've come a long way since then.

It's been clear from the start that resveratrol is a powerful antioxidant, offering free-radical protection throughout the body.

But the form of resveratrol I've chosen to include in **Seanol Longevity Plus** (you'll also find it in **Omega Q Plus with Resveratrol**) is **call resVida**.

ResVida resveratrol is 99% pure and not only has it been shown to activate the gene responsible for life span, it is the **only pure resveratrol backed by human clinical trials**.

And that's why it's the only form of resveratrol good enough for the supplements I recommend to you.

*Stephen Sinatra M.D.*

- **Feel younger! Because Seanol delivers 100 times the youth-restoring power of green tea**
- **Ideal HDL/LDL cholesterol and triglyceride support, plus protection for your heart and blood vessels**
- **A healthy metabolism and balanced blood sugar levels**
- **Real, lasting, natural energy without jitters and without crashes**

### SUPPLEMENT FACTS

#### TWO CAPSULES GIVE YOU:

|                                              |        |
|----------------------------------------------|--------|
| Vitamin D (as cholecalciferol).....          | 600 IU |
| Iodine .....                                 | 12 mcg |
| Brown Seaweed (Ecklonia cava) Extract* ..... | 600 mg |
| Trans Resveratrol†.....                      | 30 mg  |

 **USAGE RECOMMENDATION:** Take 2 capsules once daily.

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

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

### SPECIAL LIMITED-TIME OFFER!

| SEANOL® LONGEVITY PLUS                |        | Sale Price          |                 |
|---------------------------------------|--------|---------------------|-----------------|
| 60 capsules, 30-day supply            | Item # | Reg. Price          |                 |
| <b>BUY 5, GET 2 FREE—SAVE \$94.98</b> | ESL70  | <del>\$244.93</del> | <b>\$149.95</b> |
| <b>BUY 3, GET 1 FREE—SAVE \$49.99</b> | ESL40  | <del>\$139.96</del> | <b>\$89.97</b>  |
| <b>1 bottle —SAVE \$5.00</b>          | ESL10  | <del>\$34.99</del>  | <b>\$29.99</b>  |

**SAVE OVER 35%**  
when you order your  
risk-free supply today!



# Pure Seanol

Nature's most powerful antioxidant discovery!

Backed by nearly \$39 million worth of clinical studies, *Eklonia cava*, the primary ingredient in Seanol, has emerged as one of the most extraordinary antioxidant powerhouses ever discovered.

Packing up to 100 times the free-radical-fighting power of nearly every land-based antioxidant, **Seanol** can help you:

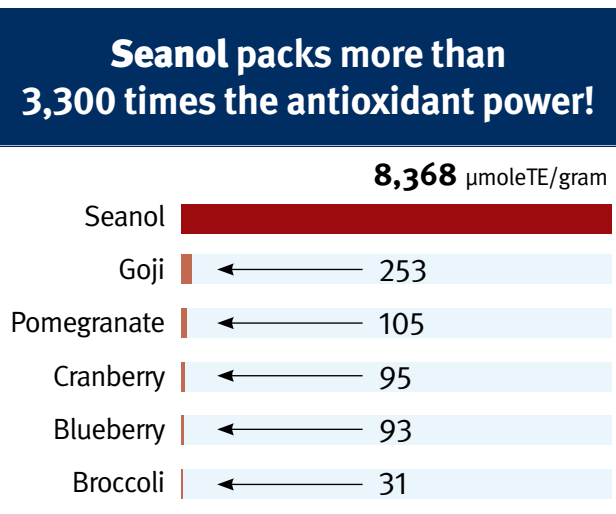
- Promote healthy LDL and triglyceride levels
- Increase "good" HDL cholesterol levels
- Promote normal blood pressure and circulation
- Maintain strong, flexible blood vessels
- Support sharp brain function
- Enjoy a significant energy boost...with no side effects

From your heart and your blood vessels to your brain, joints, and energy levels, **Seanol** brings antioxidant power and targeted benefits with long-lasting results.

*"I just wanted to write and thank you for the quality of products you make available to the general public. I've used a few of these products, and I intend try at least one more sometime in the future."*

— Steve S.

\*Results may vary.



**Oxygen radical absorbance capacity (ORAC)** is a measurement of antioxidant power, and **Seanol** out-performs just about every common source of antioxidant by leaps and bounds!

So harness the antioxidant power of **Seanol**, put the breaks on aging, support your heart, boost your energy, and more!

## SUPPLEMENT FACTS

### TWO CAPSULES GIVE YOU:

|                                                |        |
|------------------------------------------------|--------|
| Iodine                                         | 12 mcg |
| Brown Seaweed ( <i>Eklonia cava</i> ) Extract† | 720 mg |

**USAGE RECOMMENDATION:** 2 capsules once daily with a meal.

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

## SPECIAL LIMITED-TIME OFFER!

| SEANOL®                        |        |                     | Sale Price |
|--------------------------------|--------|---------------------|------------|
| 60 capsules, 30-day supply     | Item # | Reg. Price          |            |
| BUY 5, GET 2 FREE—SAVE \$73.98 | SEA70  | <del>\$223.93</del> | \$149.95   |
| BUY 3, GET 1 FREE—SAVE \$37.99 | SEA40  | <del>\$127.96</del> | \$89.97    |
| 1 bottle—SAVE \$2.00           | SEA10  | <del>\$31.99</del>  | \$29.99    |

**Meriva®**  
**Turmeric Extract**  
for extraordinary  
inflammation-fighting  
super power!



**NSK-SD®**  
**Nattokinase**  
reduces fibrin and  
helps thin blood  
safely and naturally

# Attack the two most important heart health dangers

When it comes to optimal heart health, cholesterol is a factor, but it should not be at the top of your list. Not even close.

In fact, I recently went on national television to tell the world that blood pressure and inflammation are far more important factors to a lifetime of cardiovascular health.

## SUPPLEMENT FACTS

### FOUR CAPSULES GIVE YOU:

|                                                            |          |
|------------------------------------------------------------|----------|
| Vitamin C (as magnesium ascorbate)                         | 516 mg   |
| Magnesium (as ascorbate, glycinate)                        | 100 mg   |
| Nattokinase (from soy)†                                    | 100 mg   |
| L-Arginine (as HCl)                                        | 1,000 mg |
| Citrus Bioflavonoid Complex                                | 100 mg   |
| Meriva®†† Curcumin Phytosome                               |          |
| Turmeric Extract (rhizome), Phosphatidylcholine (from soy) | 100 mg   |

Contains soy.

**USAGE RECOMMENDATION:** Take 2 capsules twice daily before morning and evening meals

†NSK-SD® is a registered trademark of JBSL.

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

**WARNING:** Do not take this product if you are taking Coumadin® (warfarin) or other blood thinning products. Pregnant or lactating women should consult a health care professional before taking this product.

| NATTOPLUS®                     |        |                     |                 |
|--------------------------------|--------|---------------------|-----------------|
| 120 capsules, 30-day supply    | Item # | Reg. Price          | Your Price      |
| BUY 5, GET 2 FREE—SAVE \$69.98 | CAS70  | <del>\$244.93</del> | <b>\$174.95</b> |
| BUY 3, GET 1 FREE—SAVE \$34.99 | CAS40  | <del>\$139.96</del> | <b>\$104.97</b> |
| 1 bottle                       | CAS10  | —                   | <b>\$34.99</b>  |

And **NattoPlus®** has the nutrient support you need to ensure:

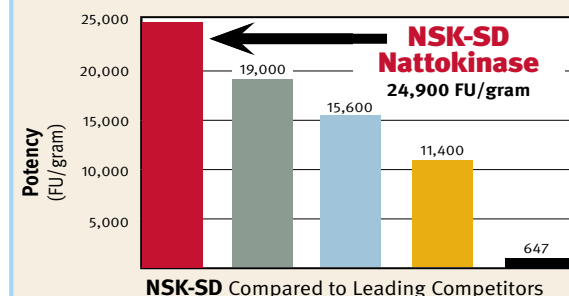
- Balanced blood pressure levels
- Healthy inflammatory response
- Optimal circulation
- And healthy clotting activity

Nattokinase, the key ingredient in **NattoPlus**, is an enzyme made from a fermented, organic, non-genetically modified soybean food called natto.

It is also one of the only natural substances that can help balance the enzymes that cause clotting in the blood—a key factor in healthy circulation and blood pressure.

## NSK-SD nattokinase—More potent than other forms and clinically shown to improve blood flow

The NSK-SD nattokinase in **NattoPlus** is 2–3 times more potent than most other nattokinase products, and it's the only nattokinase shown in clinical research to naturally thin your blood, keep your blood vessels open, and support smooth blood flow.



JBSL Analysis Report, March 4, 2004. (as reported in NSK-SD® Superior Nattokinase for Cardiovascular Health).

# Fortify and energize your whole body for as little as \$19.99



### Healthy blood pressure, circulation, strong bones, and energy

A vital component of my “Awesome Foursome,” magnesium is vital for proper heart function, healthy blood pressure, bone and muscle strength. Yet it’s not easy to get optimal amounts of magnesium from our diets. Plus, stress, illness, and many common medications can diminish our body’s magnesium supplies.

That’s why **Broad Spectrum Magnesium** includes four of the most bioavailable forms of magnesium to give you broad-spectrum support from this crucial mineral.

Try **Broad Spectrum Magnesium** today!



### Refuel your heart’s engine!

Your heart runs on a fuel called ATP—every cell in your body turns nutrients into ATP, and your heart burns more of this fuel than any other organ.

**RiboBoost® M** supplies D-ribose, another member of my “Awesome Foursome,” and the most important ingredient in ATP. Research shows

that boosting your D-ribose supplies can supercharge cellular energy, reduce fatigue, and boost heart function.

Plus, D-Ribose can help the body recycle its energy, further reducing fatigue and actually boosting the efficiency of each and every heart beat.

“Magnesium is one of my favorite blood pressure solutions. It has a direct impact on the ability of arteries to expand and contract helping to maintain balanced blood pressure levels”

| BROAD SPECTRUM MAGNESIUM              |        |                     |                |
|---------------------------------------|--------|---------------------|----------------|
| 120 capsules, 30-day supply           | Item # | Reg. Price          | Your Price     |
| <b>BUY 5, GET 2 FREE—SAVE \$39.98</b> | MGC70  | <del>\$139.93</del> | <b>\$99.95</b> |
| <b>BUY 3, GET 1 FREE—SAVE \$19.99</b> | MGC40  | <del>\$79.96</del>  | <b>\$59.97</b> |
| 1 bottle                              | MGC10  | —                   | <b>\$19.99</b> |

**RiboBoost M** makes it easy to get a heart-boosting supply of D-ribose. Simply stir 1 scoop into 6–8 ounces of milk or juice for a fast, easy, and delicious boost of this vital, heart-powering nutrient.

“D-ribose supplies heart cells with energy and so much more. I recommend 5 grams two to three times daily.”

| RIBOBOOST® M                           |        |                     |                 |
|----------------------------------------|--------|---------------------|-----------------|
| 12 oz., 56 servings                    | Item # | Reg. Price          | Your Price      |
| <b>BUY 5, GET 2 FREE—SAVE \$109.98</b> | RIB73  | <del>\$384.93</del> | <b>\$274.95</b> |
| <b>BUY 3, GET 1 FREE—SAVE \$54.99</b>  | RIB43  | <del>\$219.96</del> | <b>\$164.97</b> |
| 1 bottle                               | RIB13  | —                   | <b>\$54.99</b>  |

# Calcium belongs in your bones, not in your bloodstream

Right now little bits of calcium are coursing through your blood vessels.

Left unaddressed, this calcium can collect on the walls of your blood vessels reducing their flexibility and having a negative impact on both circulation and blood pressure.

But a very special form of vitamin K<sub>2</sub> can actually help negate this process—by literally directing those bits of calcium out of your bloodstream and into your bones where they belong.

I don’t need to tell you how important calcium is to your bones...but few people realize the negative impact it can have on your heart health. And this special form of vitamin K<sub>2</sub> offers two-pronged protection:

- 1 Removing calcium from your bloodstream means less calcium in your brain, your heart, or anywhere else in the body that it shouldn’t be.
- 2 Collecting this free-floating calcium and shuttling it into your bones helps ensure a lifetime of strong, healthy bones.

In fact, one impressive study showed that people with the highest intake of this very special form of vitamin K<sub>2</sub>, called **MK-7**, had the best cardio health profile.



**NEW!**  
easier-to-swallow softgels

| MK-7                                  |        |                     |                |
|---------------------------------------|--------|---------------------|----------------|
| 30 softgels, 30-day supply            | Item # | Reg. Price          | Your Price     |
| <b>BUY 5, GET 2 FREE—SAVE \$39.98</b> | HMK71  | <del>\$139.93</del> | <b>\$99.95</b> |
| <b>BUY 3, GET 1 FREE—SAVE \$19.99</b> | HMK41  | <del>\$79.96</del>  | <b>\$59.97</b> |
| 1 bottle                              | HMK11  | —                   | <b>\$19.99</b> |

### A quick and easy fix for bumps and bruises

Take three to five pellets of the homeopathic remedy Arnica montana, under the tongue, and/or rub a topical homeopathic gel such as Arniflora or Traumed into the injured area. An ice pack or used green teabag can also reduce the inflammatory process that leads to discoloration, pain, and swelling. Look in a health food store for these products and keep them in your first-aid kit.

# Protect your bones, immune system, and more

**Vitamin D<sub>3</sub>** is best known for its bone-building benefits, but growing research confirms it fortifies your immune system, maintains muscle strength, and enhances cardiovascular health.

**Vitamin D<sub>3</sub>** also helps balance and elevate mood and is well-documented for its antioxidant powers—protecting every cell in your body from the age-promoting ravages of free-radical damage.

And my **Vitamin D<sub>3</sub>** delivers a full 2,400 IU of vitamin D<sub>3</sub>—the most potent, natural, and absorbable form of vitamin D.

**Most absorbable form of D<sub>3</sub>!**



| VITAMIN D                             |        |                    |                |
|---------------------------------------|--------|--------------------|----------------|
| 60 softgels, 30-day supply            | Item # | Reg. Price         | Your Price     |
| <b>BUY 5, GET 2 FREE—SAVE \$19.98</b> | VDH71  | <del>\$69.93</del> | <b>\$49.95</b> |
| <b>BUY 3, GET 1 FREE—SAVE \$9.99</b>  | VDH41  | <del>\$59.96</del> | <b>\$29.97</b> |
| 1 bottle                              | VDH11  | —                  | <b>\$9.99</b>  |

For complete ingredient lists for all supplements, please visit [drsinatra.com](http://drsinatra.com).

# Retrain your brain for remarkable memory...focus...and more



**CogniBoost®** is the first completely natural, cardiologist-formulated, stimulant-free solution for optimizing your brain power fast!

The ingredients in CogniBoost were carefully selected to help:

- › Improve your recall, attention, and memory
- › Keep your mind tuned in, sharp, and focused
- › Lift the fog, so you can think clearly
- › Reduce mental fatigue
- › Neutralize free radicals to protect your brain

The secret to this breakthrough lies in a proprietary, standardized form of American ginseng called Cereboost™. In studies, test subjects taking Cereboost™ saw significant improvements in word recall, reaction time, and working memory that lasted up to six hours!

**And you'll get the clinically studied dose of Cereboost™ in each daily serving of CogniBoost!**

Plus, you'll get enhanced brain cell communication and cellular energy from acetyl L-carnitine, powerful antioxidant and circulatory support from blueberry extract, and more!

**Before you try other memory formulas, make sure to read the label.** Many other memory support formulas contain stimulant ingredients that can interfere with cardiovascular medicines. For example...

**Ginkgo biloba** can interfere with blood thinning medications, including aspirin;

**Bacopa** can interfere with calcium channel blockers;

**Vinpocetine** can interfere with blood thinning medications, including aspirin.

But **CogniBoost** features American ginseng extract, which is non-stimulating and completely safe!

*In about 3 days I noticed an increase in my attention span, improved short-term memory, and improved recall. I am no longer as tired as I used to be and I get a great feeling all over, physically and mentally.\**

— Helen K.

\*Results may vary.

So why wait? Give your brain power a healthy, natural boost. Order **CogniBoost** today!

### SUPPLEMENT FACTS

#### THREE CAPSULES GIVE YOU:

|                                            |         |
|--------------------------------------------|---------|
| Acetyl L-Carnitine (as HCl)                | 500 mg  |
| Blueberry Extract (fruit)                  | 300 mcg |
| Cereboost™ American Ginseng Extract (root) | 200 mg  |
| Meriva® Curcumin Phytosome                 | 100 mg  |
| Phosphatidylcholine (from soy)             |         |
| Tumeric Extract (root)                     |         |

**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.

†Cereboost™ is a trademark of Naturex, Inc.  
‡Meriva® is a registered trademark of Indena S.p.A.

Contains soy.

| COGNIBOOST®                    |        |                     |                 |
|--------------------------------|--------|---------------------|-----------------|
| 90 capsules, 30-day supply     | Item # | Reg. Price          | Your Price      |
| BUY 5, GET 2 FREE—SAVE \$59.98 | SMB70  | <del>\$209.93</del> | <b>\$149.95</b> |
| BUY 3, GET 1 FREE—SAVE \$29.99 | SMB40  | <del>\$119.96</del> | <b>\$89.97</b>  |
| 1 bottle                       | SMB10  | —                   | <b>\$29.99</b>  |

# Fight the daily toxins that are sapping your energy and threatening your health



Toxins are everywhere—the water you drink, the foods you eat, and the air you breathe. Without even realizing it, the products we use on a daily basis, detergents, fabric treatments, cosmetics, paints, upholstery, computers, and TVs contain hundreds of chemicals that end up inside our bodies.

Combined with any medications you may be taking or the alcohol you may be drinking, your liver can take a real beating—sapping your energy and leaving you vulnerable to illness.

But **Daily Liver Detox** helps protect your body from toxins by supporting optimal liver function—stimulating your body's natural detoxifying processes so you can feel your best every day!

### SUPPLEMENT FACTS

#### TWO CAPSULES GIVE YOU:

|                                     |        |
|-------------------------------------|--------|
| N-Acetyl L-Cysteine                 | 300 mg |
| Artichoke Extract (leaf)            | 250 mg |
| Sprout Blend™                       | 150 mg |
| Broccoli, Daikon Radish, Red Radish |        |
| Siliphos® Phytosome                 | 120 mg |
| Milk Thistle Extract (seed)         |        |
| Phosphatidylcholine (from soy)      |        |
| Alpha Lipoic Acid                   | 50 mg  |

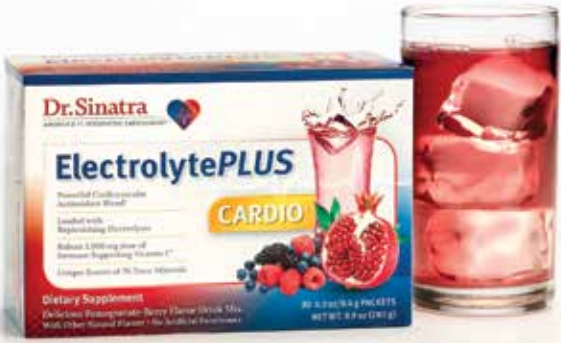
**USAGE RECOMMENDATION:** Take 2 capsules twice daily with a meal

†SproutGarden™ is a registered trademark of VDF FutureCeuticals.  
‡Siliphos® is a registered trademark of Indena S.p.A.

Contains soy.

| DAILY LIVER DETOX              |        |                     |                 |
|--------------------------------|--------|---------------------|-----------------|
| 120 capsules, 30-day supply    | Item # | Reg. Price          | Your Price      |
| BUY 5, GET 2 FREE—SAVE \$69.98 | LKS71  | <del>\$244.93</del> | <b>\$174.95</b> |
| BUY 3, GET 1 FREE—SAVE \$34.99 | LKS41  | <del>\$139.96</del> | <b>\$104.97</b> |
| 1 bottle                       | LKS11  | —                   | <b>\$34.99</b>  |

Cardiologist formulated  
A powerful heart, healthy circulation, strong muscles and bones...all just one drink away!



**ElectrolytePLUS Cardio** delivers 250% MORE potassium and 100% MORE magnesium than other popular electrolyte drink mixes...with only 20 calories and a fraction of the sugar!

Just tear open the convenient packet and pour this powdered nutrient and antioxidant blend into a glass of water for a deliciously fizzy, berry-flavored drink packed with:

- › 14 nutrients and 76 sea minerals
- › 1,000 mg of vitamin C for added immune support
- › 1,000 IU of vitamin D for strong bones and muscles
- › A potent heart-healthy antioxidant blend
- › Powerful nutrients for healthy HDL/LDL cholesterol, triglycerides, and blood pressure levels
- › Support for lasting energy, a strong heart beat, and balanced electrolytes

**ElectrolytePLUS Cardio** is a convenient and delicious way to naturally boost your electrolytes, protect your heart, strengthen your muscles, and more.

For a complete list of ingredients, please visit [drsinatra.com](https://www.drsinatra.com)

**Usage Recommendation:** Mix 1 packet with 6–8 ounces of water and drink. May be taken as needed.

| ELECTROLYTEPLUS CARDIO         |        |                     |                 |
|--------------------------------|--------|---------------------|-----------------|
| 30 packets                     | Item # | Reg. Price          | Your Price      |
| BUY 5, GET 2 FREE—SAVE \$49.98 | SER70  | <del>\$174.93</del> | <b>\$124.95</b> |
| BUY 3, GET 1 FREE—SAVE \$24.99 | SER40  | <del>\$99.96</del>  | <b>\$74.97</b>  |
| 1 box                          | SER10  | —                   | <b>\$24.99</b>  |

# Reduce nighttime urinary frequency

while promoting healthy prostate size and function



Actual Softgel Size

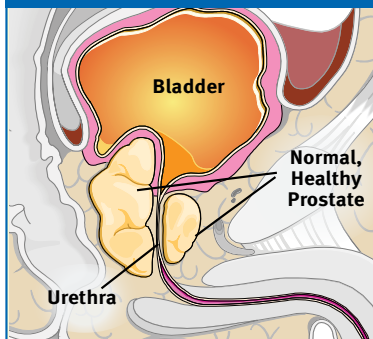
**Prostate Solutions®** goes to work fast, helping men support healthy prostate size and function, minimizing urinary frequency, and supporting healthy urine flow and ease in emptying the bladder.

Its power lies in a remarkable flower pollen extract called Graminex G63™. It contains a wealth of prostate-protecting vitamins, minerals, antioxidants, and more. **In human clinical research, Graminex G63 has been shown to significantly reduce nighttime trips to the bathroom.**

Plus, thanks to an advanced extraction process it's totally non-allergenic.

You get the full 400 mg research dose of Graminex G63 each day, plus a robust lineup of tried-and-true prostate health supporters, including saw palmetto, stinging nettle extract, zinc, selenium, and more. Together, I believe they provide the strongest, most effective natural solution ever for prostate health.

## YOUR HEALTHY PROSTATE



A healthy-sized prostate means less pressure on your urethra for normal urinary flow and frequency.



**Prostate Solutions** pairs perfectly with my **Heart Healthy Men's Multinutrient** for therapeutic prostate support.

## Cutting-edge prostate solution:

- Reduces urinary frequency—even at night
- Promotes normal urinary flow and complete emptying of bladder
- Supports healthy prostate tissue
- Protects against free-radical damage to your prostate

### SUPPLEMENT FACTS

#### TWO SOFTGELS GIVE YOU:

|                                       |        |
|---------------------------------------|--------|
| Calories .....                        | 20     |
| Calories from Fat.....                | 20     |
| Total Fat .....                       | 2 g    |
| Zinc (as oxide) .....                 | 15 mg  |
| Selenium (as selenomethionine).....   | 50 mcg |
| Graminex G63™* Flower Pollen .....    | 400 mg |
| Saw Palmetto Extract (berry) .....    | 320 mg |
| Stinging Nettles Extract (root) ..... | 200 mg |
| Mixed Tocopherols (from soy) .....    | 25 mg  |
| Grape Seed Extract.....               | 25 mg  |
| Lycopene (from tomato fruit) .....    | 2 mg   |

 **USAGE RECOMMENDATION:** 2 softgels once daily with a meal.

\*Graminex G63™ is a trademark of Graminex LLC.

WARNING: Women should not take this product.

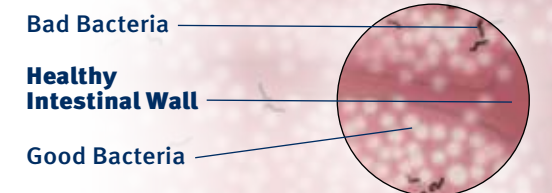
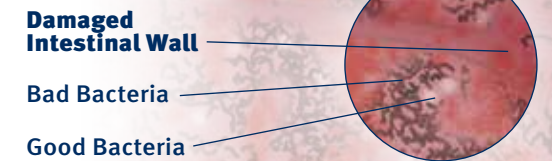
### PROSTATE SOLUTIONS®

| 60 softgels, 30-day supply            | Item # | Reg. Price          | Your Price      |
|---------------------------------------|--------|---------------------|-----------------|
| <b>BUY 5, GET 2 FREE—SAVE \$59.98</b> | PRS70  | <del>\$209.93</del> | <b>\$149.95</b> |
| <b>BUY 3, GET 1 FREE—SAVE \$29.99</b> | PRS40  | <del>\$119.96</del> | <b>\$89.97</b>  |
| 1 bottle                              | PRS10  | —                   | <b>\$29.99</b>  |

Find out more online @ [drs Sinatra.com](http://drs Sinatra.com)

Cardiologist-formulated breakthrough:

# A probiotic for your heart? **Absolutely, YES!**



Enjoy your favorite foods without fear of excessive gas, bloating, constipation, or indigestion...

Because I have discovered a unique strain of probiotics that not only promotes healthy digestion, but superior heart health as well!

This proprietary strain of intestinal probiotics is called *Lactobacillus plantarum* 299v. It is the single most dominant strain (out of 19!) identified by Swedish researchers.

In a double-blind, placebo-controlled study, 45% of test subjects who took this digestive-health miracle reported improvement after just 1 week...and 3 weeks later, those same test subjects saw their gas, pain, diarrhea, and constipation disappear completely!

**PLUS this same strain of probiotics can also help protect your heart!**

In a study published in the **American Journal of Clinical Nutrition**, study subjects saw:

- Balanced blood pressure levels
- Improved blood flow and circulation
- Healthy cholesterol ratios
- Reduced cholesterol oxidation

Now you can enjoy the same levels of comfort, relief, and advanced heart protection thanks to **Probiotic Solutions**.

Each tiny capsule delivers a whopping 10 billion colonies, guaranteed to make it to your intestines, where they do their most important work.

**Grocery store yogurts don't even come close**

Don't give up your favorite foods. Order **Probiotic Solutions** to take control of your digestion and feel your best today.

Just one tiny daily capsule can help solve all of your digestive woes!



Actual Capsule Size



“It is so nice to get a good night sleep without intestinal pain all night long... a complete miracle at night after using Probiotic Solutions!”

— Ruth R.

\*Results may vary.

### Supplement Facts

#### ONE CAPSULE GIVES YOU:

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

 **USAGE RECOMMENDATION:** Take 1 capsule daily with meal.

Contains soy.

### PROBIOTIC SOLUTIONS

| 30 capsules, 30-day supply            | Item # | Reg. Price          | Your Price      |
|---------------------------------------|--------|---------------------|-----------------|
| <b>BUY 5, GET 2 FREE—SAVE \$49.98</b> | PBS70  | <del>\$174.93</del> | <b>\$124.95</b> |
| <b>BUY 3, GET 1 FREE—SAVE \$24.99</b> | PBS40  | <del>\$99.96</del>  | <b>\$74.97</b>  |
| 1 bottle                              | PBS10  | —                   | <b>\$24.99</b>  |

Find out more online @ [drs Sinatra.com](http://drs Sinatra.com)

# Why would a leading cardiologist be so passionate about blood sugar?

Did you know that maintaining healthy blood sugar means a lot more than just keeping your glucose numbers in line? That's because balanced blood sugar levels are critical for healthy blood vessels, robust circulation, comfortable nerves, long-lasting

energy, and more. If you have blood sugar concerns or are over age 60, you need to take nutritional steps to manage your glucose levels—starting right now.

*Stephen Sinatra M.D.*

## A true breakthrough in heart-healthy blood sugar support

There are a handful of nutrients that I consider absolutely essential for cardiovascular health—CoQ10, DHA-rich Calamarine®, and L-carnitine, to name a few. Now, based on a vast and growing body of scientific research, I've added another one to the list: Pycnogenol®. This powerful extract from French Maritime Pine Bark has cardiovascular benefits that range from arterial health and endothelial cell function to overall free-radical-fighting power. But what makes Pycnogenol stand out as a true nutrient superstar are its impressive blood sugar benefits.

### SUPPLEMENT FACTS

#### ONE CAPSULE GIVES YOU:

|                                                       |         |
|-------------------------------------------------------|---------|
| Vitamin B6 (as pyridoxine HCl).....                   | 10 mg   |
| Vitamin B12 (as methylcobalamin).....                 | 100 mcg |
| Chromium (as polynicotinate).....                     | 200 mcg |
| Benfotiamine.....                                     | 300 mg  |
| Cinnamon Powder (bark).....                           | 200 mg  |
| Alpha Lipoic Acid.....                                | 50 mg   |
| Pycnogenol®* French Maritime Pine Extract (bark)..... | 50 mg   |

 **USAGE RECOMMENDATION:** Take 1 capsule daily,

\*Pycnogenol® is a registered trademark of Horphag Research Ltd, whose use may be protected by one or more patents.

| ADVANCED BLOOD SUGAR SUPPORT           |        |                     |                 |
|----------------------------------------|--------|---------------------|-----------------|
| 30 capsules, 30-day supply             | Item # | Reg. Price          | Your Price      |
| <b>BUY 5, GET 2 FREE—SAVE \$119.98</b> | ABS73  | <del>\$449.93</del> | <b>\$299.95</b> |
| <b>BUY 3, GET 1 FREE—SAVE \$59.99</b>  | ABS43  | <del>\$239.96</del> | <b>\$179.97</b> |
| 1 bottle                               | ABS13  | —                   | <b>\$59.99</b>  |



### Don't be fooled by Pycnogenol imposters!

Other blood sugar formulas may use pine bark, but it isn't the same as Pycnogenol. This patented ingredient is the ONLY pine bark extract shown in human clinical research to have remarkable blood sugar and cardio benefits.

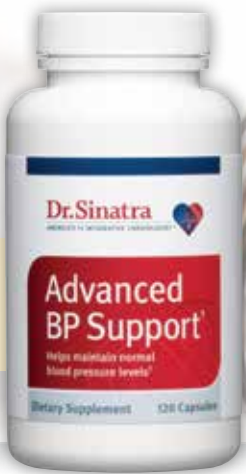
### Pycnogenol is the cornerstone of my NEW, one-of-a-kind blood sugar formula

**NEW Advanced Blood Sugar Support** combines research doses of Pycnogenol with proven blood sugar supporters like chromium and cinnamon, plus benfotiamine and alpha lipoic acid for healthy, comfortable nerves. Together, the advanced nutrients in this comprehensive formula address the **TOP FOUR CONCERNS** related to blood sugar:

1. **Lowers fasting and post-meal glucose levels with Pycnogenol**, clinically shown to help keep blood sugar levels steady.
2. **Promotes insulin sensitivity and minimizes oxidation** with cinnamon and chromium.
3. **Supports and even repairs your blood vessel endothelial lining** with the antioxidant power of Pycnogenol and alpha lipoic acid.
4. **Soothes and comforts nerves** with benfotiamine and other B vitamins that improve sensory function.

# Healthy blood pressure has never been easier!

Now is the perfect time to **take control of your heart health.**



MegaNatural®-BP Grape Seed Extract is an extraordinary compound rich in flavonoids and polyphenols shown to naturally increase blood vessel dilation—promoting healthy blood flow and blood pressure. In fact, studies showed beneficial effects in as little as four weeks!

That's why MegaNatural lays the foundation for my **Advanced BP Support** formula. But this formula also delivers a highly concentrated form of the amino acid GABA, called PharmaGABA. It helps reduce stress and lower cortisol levels to support normal blood pressure.

And of course, no blood pressure formula would be complete without hawthorn extract and magnesium to promote strong, elastic blood vessels and healthy blood vessel dilation.

### Advanced BP Support gives you:

- **MegaNatural®-BP Grape Seed Extract**—an antioxidant powerhouse clinically shown to support healthy systolic and diastolic blood pressure
- **PharmaGABA™**—a concentrated, bioactive form of GABA shown to help regulate stress response and cortisol levels to keep blood pressure steady
- **Tried and True Hawthorn Extract and Magnesium**—to promote strong, elastic blood vessels and healthy vessel dilation, plus support normal sodium excretion and water balance for healthy blood pressure



Take control of your blood pressure—order **Advanced BP Support** today!

### Even more beneficial natural oils!

Olive oil—it's not just for salads anymore. Keep your scalp flake-free by warming a tablespoon of olive oil and applying it to your scalp before washing. Its nourishing vitamin content will keep your scalp smooth and help prevent dandruff.

For added flake prevention try messaging tea tree oil or rub aloe vera, nettle tea, and rosemary oil, into your scalp before shampooing. Use olive oil as the carrier cream if your scalp is dry, and dilute lemon juice or apple cider if your scalp is only oily. Briskly massaging your scalp will also improve scalp circulation.

### SUPPLEMENT FACTS

#### FOUR CAPSULES GIVE YOU:

|                                                 |        |
|-------------------------------------------------|--------|
| Magnesium (as glycinate, citrate, malate) ..... | 250 mg |
| Hawthorn Extract (leaf and flower) .....        | 600 mg |
| MegaNatural®-BP* Grape Seed Extract.....        | 150 mg |
| PharmaGABA™ Gamma Amino Butyric Acid† .....     | 50 mg  |

 **USAGE RECOMMENDATION:** 4 capsules once daily with meal.

**M**\*MegaNatural®-BP is a registered trademark of Polyphenolics, a division of Constellation Wines US, Inc. and is produced under US patent 6,544,581, other patents pending.

†PharmaGABA™ is a trademark of Pharma Foods International Co., Ltd. (Japan)

**WARNING:** If you are taking blood pressure medication, digoxin or other glycosides (digitalis), or are pregnant or lactating, consult a health care professional before taking this product.

| ADVANCED BP SUPPORT                   |        |                     |                 |
|---------------------------------------|--------|---------------------|-----------------|
| 120 capsules, 30-day supply           | Item # | Reg. Price          | Your Price      |
| <b>BUY 5, GET 2 FREE—SAVE \$69.98</b> | BPS71  | <del>\$244.93</del> | <b>\$174.95</b> |
| <b>BUY 3, GET 1 FREE—SAVE \$34.99</b> | BPS41  | <del>\$139.96</del> | <b>\$104.97</b> |
| 1 bottle                              | BPS11  | —                   | <b>\$34.99</b>  |



# Get the cholesterol results that matter!

“They were shocked when I went on television and told the world to stop worrying about total cholesterol levels.”

## Dr. Stephen Sinatra America's #1 Integrative Cardiologist®

Dr. Sinatra practiced cardiology for more than three decades. And while he no longer sees patients, he continues to lecture, teach, research, and dispel the myths associated with cholesterol while offering the American public a broad array of nutritional solutions to address the many facets of heart health and today's most pressing health concerns.

He has appeared on *The Dr. OZ Show*, *The 700 Club*, and *The Doctors*, he's written several books including, *The Sinatra Solution: Metabolic Cardiology*, *The Great Cholesterol Myth*, and *Lower Your Blood Pressure in Eight Weeks*, plus countless articles, blogs, and more!



Every day, I hear from people who are concerned about their “total” cholesterol numbers. After all, for years now, newspaper headlines and countless TV advertisements (paid for by big pharmaceutical companies) have been filling their minds with images of thick yellow sludge clogging their arteries.

If you've been reading my advice, or if you saw any of my recent TV appearances, then you know how strongly I feel about promoting an ideal ratio of HDL cholesterol to LDL and triglycerides. And I believe that **Advanced Cholesterol Solutions** is the perfect solution!

It's far more important to maintain high HDLs and low LDLs and triglycerides. That's why I developed **NEW Advanced Cholesterol Solutions**. This proprietary, all natural formula contains an amazing ingredient called Bergamonte®, a state-of-the-science citrus extract that has been clinically shown to improve cholesterol ratios in as little as 30 days!

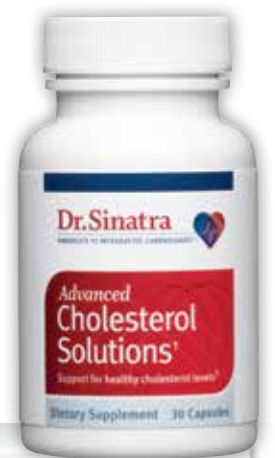
In a double-blind, placebo-controlled study, Bergamonte was shown to:

| Clinically studied effect on: | Bergamonte Dosage |          |
|-------------------------------|-------------------|----------|
|                               | 500 mg            | 1,000 mg |
| LDL Cholesterol               | -24.1%            | -36.0%   |
| Total Cholesterol             | -21.8 %           | -30.9%   |
| HDL Cholesterol               | +22.3%            | +40.1%   |
| Triglycerides                 | -29.9%            | -38.8%   |
| Blood Sugar                   | -18.9%            | -22.4%   |

**Advanced Cholesterol Solutions** also includes a potent vitamin E complex (with both tocopherols and tocotrienols) for superior antioxidant support and to protect against cholesterol

## Clinically **PROVEN** to improve cholesterol ratios In just 30 days!

- › Lower LDLs by over 24%
- › Boost HDLs by over 22%
- › Reduce triglycerides by almost 30%
- › All within just 30 days!



oxidation. Plus vitamin C to help support healthy blood vessels.

Stop buying into the media hype about total cholesterol levels. End your cholesterol worries for good—put **Advanced Cholesterol Solutions** to work today!

### The Cholesterol Tests You Need To Have

Obviously, the more dangerous cholesterol particles you have, the greater your risk for cardiovascular concern. That's why it's imperative that you talk to your doctor about having either the **Vertical Auto Profile (VAP)** test or the **Lipoprotein Particle Profile (LPP)** test.

**Vertical Auto Profile (VAP)** test. This test will analyze your LDL cholesterol and determine if it is made up of predominantly the small, dangerous particles, or larger, more benign particles. It will also tell you how much Lp(a) is circulating in your blood. In addition, the VAP test breaks out your HDL cholesterol subtypes, letting you know if you have more of the HDL2 subtype, which is most beneficial. You can find out more about the VAP test at [www.atherotech.com](http://www.atherotech.com).

**Lipoprotein Particle Profile (LPP)** test. The LPP test also breaks down cholesterol into fractions smaller than LDL and HDL and analyzes the particles comprising each of them, just like the VAP test. But I believe the LPP test has an advantage over the VAP test because its methodology allows for more precise measurements and because it can also measure remnant lipoprotein (RLP), which is a more threatening type of cholesterol that isn't singled out by most other lipid tests. You can find out more about the LPP test at [www.spectracell.com](http://www.spectracell.com)

Find out more online @ [drs Sinatra.com](http://drs Sinatra.com)

### Busting the Cholesterol Myth

One of the biggest medical myths is that total cholesterol is the best measure of overall cardiovascular health. But focusing on cholesterol alone can be misleading. It's far more important to focus on the individual lipid levels that make up your total cholesterol number and to balance the ratios of these lipids, with high HDL, low non-oxidized LDL, and normal triglycerides.

*Stephen Sinatra M.D.*

### SUPPLEMENT FACTS

#### ONE CAPSULE GIVES YOU:

|                                                                                                                                                                         |        |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| Vitamin C (as ascorbic acid)                                                                                                                                            | 50 mg  |
| Bergamonte® Citrus Bergamia risso Polyphenolic Extract (from peel, 30% flavanone comprise of Neohesperidin, Naringin, and Neohesperidin, 1% Melitidine, 2% Bruteridine) | 500 mg |
| Tocotrienol and Tocopherol Complex (from palm fruit)                                                                                                                    | 10 mg  |

**USAGE RECOMMENDATION:** Take 1 capsule daily, preferably before a meal. For extra support to maintain healthy cholesterol ratios, take 2 capsules once daily.

†Bergamonte® is a registered trademark of HP Ingredients

**WARNING:** Do not use this product if you are on a statin drug. Pregnant or lactating women should consult a health care professional before taking this product.

### ADVANCED CHOLESTEROL SOLUTIONS

| 30 capsules                    | Item # | Reg. Price          | Your Price      |
|--------------------------------|--------|---------------------|-----------------|
| BUY 5, GET 2 FREE—SAVE \$79.98 | CHS70  | <del>\$279.93</del> | <b>\$199.95</b> |
| BUY 3, GET 1 FREE—SAVE \$39.99 | CHS40  | <del>\$159.96</del> | <b>\$119.97</b> |
| 1 bottle                       | CHS10  | —                   | <b>\$39.99</b>  |

# Brand New!

## Targeted nutrient support for men and women!



**Free-T Support for Men** delivers a natural boost in FREE testosterone to help supercharge your libido, boost sexual performance, enhance desire, and promote prostate health.

See page 2 for details.

Reclaim your healthy sex life today!

NEW!

### LIMITED-TIME OFFER—INTRODUCTORY PRICE—SAVE \$5!

#### FREE-T SUPPORT™ FOR MEN

| 60 tablets, 30-day supply                          | Item # | Reg. Price          | Your Price      |
|----------------------------------------------------|--------|---------------------|-----------------|
| BUY 5, GET 2 FREE + \$25 OFF— <b>SAVE \$114.98</b> | MTE72  | <del>\$344.93</del> | <b>\$199.95</b> |
| BUY 3, GET 1 FREE + \$15 OFF— <b>SAVE \$59.99</b>  | MTE42  | <del>\$179.96</del> | <b>\$119.97</b> |
| 1 bottle + \$5 OFF— <b>SAVE \$5.00</b>             | MTE10  | <del>\$44.99</del>  | <b>\$39.99</b>  |

**Post-M Support for Women** works with your body's natural chemistry to promote strong healthy bones, support cardiovascular health, and balance hormones while reducing feelings of stress and anxiety.

See page 3 for details.

Support your overall wellness in your post-menopausal years.



NEW!

### LIMITED-TIME OFFER—INTRODUCTORY PRICE—SAVE \$5!

#### POST-M SUPPORT™ FOR WOMEN

| 60 tablets, 30-day supply                          | Item # | Reg. Price          | Your Price      |
|----------------------------------------------------|--------|---------------------|-----------------|
| BUY 5, GET 2 FREE + \$25 OFF— <b>SAVE \$104.98</b> | WVT72  | <del>\$279.93</del> | <b>\$174.95</b> |
| BUY 3, GET 1 FREE + \$15 OFF— <b>SAVE \$54.99</b>  | WVT42  | <del>\$159.96</del> | <b>\$104.97</b> |
| 1 bottle + \$5 OFF— <b>SAVE \$5.00</b>             | WVT10  | <del>\$39.99</del>  | <b>\$34.99</b>  |

## FREE Online Webinar with Dr. Sinatra!

Join Dr. Stephen Sinatra on **September 19, 2013 at 2pm (EDT)**

for a free, one-hour webinar. You'll learn why cholesterol is crucial to overall health and well-being. Plus, discover the real causes of heart disease that no one's talking about.

Get answers to your cholesterol questions, learn how to protect your heart health, and more!

Act Now!  
Sign up today!



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|        |              |        |      | x | \$    | = | \$          |
|        |              |        |      | x | \$    | = | \$          |

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*Stephen Sinatra M.D.*

**Mailing List Preferences:** We sometimes make our customer address list available to selected merchants whose products may be of interest to you. If you do not wish to receive these mailings, please write to Dr. Sinatra, 95 Old Shoals Rd, Arden, NC 28704.

†\$20 off valid with orders \$99 or more. Not valid with other offers. \$20 off applied to first AutoDelivery shipment with orders \$99 or more.

Prices valid through October 11, 2013.

\*Per address, nonrefundable. Shipments typically in home within 5-7 days of order receipt. Note: We do not ship to addresses outside of the United States

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