



Forget the old CoQ10! Here's the new CoQ10 that delivers 858% more rejuvenating power!

by Victor Marchione, MD

Back in 1987, the medical world was stunned by the book, *The Miracle Nutrient: Coenzyme Q10*. For the first time, the clinically proven results of CoQ10 were published, including...

- ▶ Improving **failing hearts** with a 94.7% success rate...
- ▶ **Strengthening the immune system** by boosting antibodies...
- ▶ Maintaining healthy **blood pressure**, safely and naturally...
- ▶ Boosting energy and **speeding up metabolism** for healthy weight...
- ▶ Supporting strong **healthy teeth and gums**...

But now, the news is even better!

My latest research reveals...

- ✓ CoQ10 can *also* do wonders for your **memory...cholesterol... blood sugar...arteries...breathing**—more than 25 health miracles in all!
- ✓ A new, superior way to take CoQ10 that **delivers 858%** more rejuvenating power so you get better, faster results. It's a secret most vitamin companies hope you *never* know...(continued on page 3)



Victor Marchione, MD

Seen on ABC News, CBS Evening News, and NBC's Today Show, and is Editor of *The Food Doctor*.

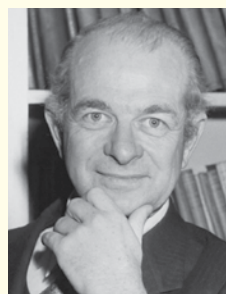
Urgent warning: Taking a cholesterol lowering statin drug? See page 14



“Coenzyme Q10 is a lifesaver!”

And now, there's a better way to take it that's 858% more powerful!

► **Nobel-prize winning physician Linus Pauling** believed that CoQ10 is required for energy production in the heart...it helps keep blood pressure healthy...increases energy.



Linus Pauling

► **One of the world's foremost CoQ10 experts Dr. Peter Langsjoen** says, “CoQ10 is essential to the optimum function of all cell types...it's not surprising to find a...diverse number of [health problems] that respond favorably to it.”

► **The father of CoQ10 research in the U.S., Dr. Karl Folkers**, says that long-term use of coenzyme Q10 is a major advance for healthy hearts.



► **English researcher Peter Mitchell** received a **Nobel Prize** for his findings on the link between CoQ10 and mitochondrial energy production.

► **Doctors in Japan, Israel and Europe** have been “prescribing” CoQ10 to their heart patients for over 30 years.

► **So why haven't more people experienced a CoQ10 miracle?** It's because of a *little-known* problem of CoQ10 in pill form—now solved by a scientific breakthrough that makes *CoQ10 858% more powerful!* Read on...

In this Special Issue...

- Turn your heart into a “cardio powerhouse” with stunning success8
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More than 50 years of scientific research proves

“Coenzyme Q10 can create a miracle for your heart, your brain and your biggest health concerns.”

“But there’s one catch: Most CoQ10 pills being sold today are so poorly absorbed by your body, you’ll likely miss out on the full benefits.

“Yet there’s a new, more powerful way for you to take CoQ10, scientifically shown to be 858% *better absorbed*—for better, faster relief of more than 25 major health concerns!”

by Victor Marchione, MD

Dear Friend,

Do you know that most people who worry about their hearts have one thing in common? *Their bodies are deficient in Coenzyme Q10!*

Shockingly, studies¹ at the University of Texas at Austin show that as many as 75% of patients with heart concerns have severe deficiencies of CoQ10.

Dr. Karl Folkers, father of CoQ10 research in the U.S., says, “I believe it is quite possible that cardiovascular [concerns] may be very significantly caused by a deficiency of CoQ10.”

Japanese researcher Dr. Teruo Tsuyasaki adds, “In normal hearts, there is plenty of Coenzyme Q10, but in [hearts with problems] there is a deficiency.”

How much of a deficiency? In an eye-opening report² published in the *Journal of the American College of Nutrition*, researchers found that by ages 77–81, the heart loses 58% of the CoQ10 it had at ages 19–21 and...

(continued on next page)



This new advanced formula can energize your heart, brain and whole body with 858% more CoQ10 power!

1. www.holisticonline.com/Remedies/Heart/heart_CoQ10.htm

2. Crane, F., Biochemical Functions of Coenzyme Q10. *Journal of the American College of Nutrition*, Vol. 20, No. 6, (2001)

- ▶ The pancreas loses 83% of CoQ10
- ▶ The adrenal glands lose 50% of CoQ10
- ▶ The liver loses 17% of CoQ10
- ▶ And the kidneys lose 45% of CoQ10...during the same time period!

Yet, as you're about to see in this Special Issue, when you raise your body's level of CoQ10, you could help create your own health miracle, such as...

- Enjoying a strong, robust heart
- Feeling confident with a sharp mind and memory
- Revving up your energy levels so you feel like you're 30 again
- Breathing free and easy
- Feeling great by supporting healthy cholesterol, blood sugar and blood pressure numbers
- Supporting your immunity

In a moment, I'll tell you about more than 25 health miracles you can enjoy with a new, advanced form of CoQ10. But first, let me answer this important question...

(see page 5)



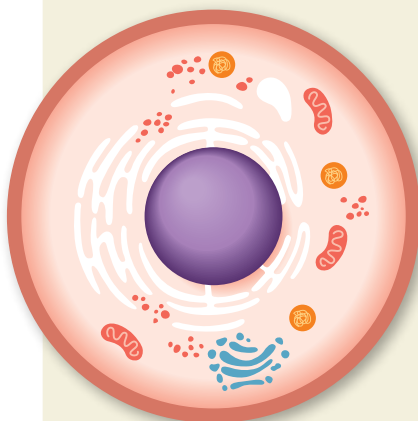
Super Energy Catalyst and Antioxidant

Coenzyme Q10 (CoQ10) is a vitamin-like substance made by your body that is more directly responsible for your overall health and energy than any other nutrient I've ever seen.

It's both a super energy catalyst *and* a super antioxidant.

1) CoQ10 is the vital catalyst your cells need to create energy. All cellular functions depend on production of ATP (adenosine triphosphate), and CoQ10 is absolutely necessary for ATP production. Without enough CoQ10, your body is "energy starved," and that especially weakens your heart, brain and immunity.

2) CoQ10 is also a super antioxidant that protects your cells from LDL (low-density lipoprotein) oxidation and free radicals, which can harm your heart, brain, arteries, circulation and whole body.



CoQ10 fires up your cells' energy and safeguards cells from damaging free radicals and LDL oxidation.

If Coenzyme Q10 is so essential for your health, why don't people have enough of it?

► **Aging:** As you age, your body produces less and less CoQ10. Your body's CoQ10 level peaks at age 20...drops 40% of that level by age 40...and plummets 60% by age 70.

► **Statin Drugs:** Statin drugs do two things: Lower cholesterol *and* lower your body's reserves of CoQ10. And reducing your body's level of CoQ10 could put you at risk for a heart "disaster"—the very outcome you hope to avoid by taking statin drugs. *That's why I recommend, if you're taking statin drugs, you must also take CoQ10.*

► **Poor Nutrition:** CoQ10

is available from foods such as fish, whole grains, nuts and seeds and vegetables—but most people don't eat enough of these foods.

► **High Cholesterol or High Blood Pressure:** These health problems increase the tissue needs for CoQ10 and deplete your body's supply.

So why not just take more CoQ10? Sounds easy enough, right? But there's one big problem.

Since the publication of *The Miracle Nutrient: Coenzyme Q10* in 1987, millions of people around the world have been taking CoQ10 in supplement form.

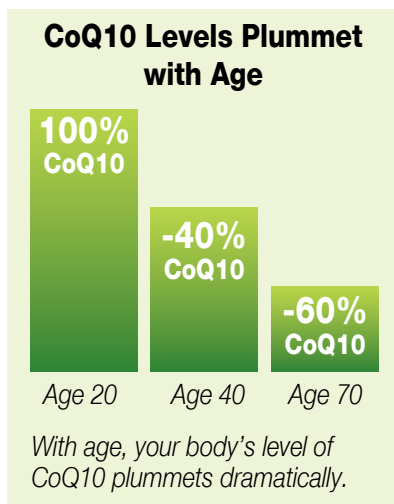
After reading the kind of astonishing results people were experiencing with CoQ10, I understand the growing popularity of this "miracle nutrient."

But then I discovered a BIG PROBLEM: CoQ10 is a very large molecule that's both fat- and oil-soluble. The result? CoQ10, especially in pill form, is very hard for your body to absorb.

The Physicians' Desk Reference confirms this problem by reporting that **only 10%–20% of nutrients taken in pill form are absorbed by your body!**

But now, I have some truly exciting news that finally overcomes this problem and gives you 858% more CoQ10 power. The real surprise? It's not another vitamin pill...

(continued on next page)



CoQ10 deficiency can drain your body of energy. But this new formula supercharges your energy, naturally!

New scientific breakthrough kick in the pants—making for boosting your health

I'm excited to introduce you to a new breakthrough form of CoQ10 that solves the problem of poor absorption of CoQ10 pills *and* supercharges the power of CoQ10 for you.

It's called **LiQ10 Gold™**—the first and only *liquid* CoQ10 formula I've found that gives you all of the amazing health-boosting benefits of CoQ10—yet in a form *superior* to pills, tablets and even softgels!

Why am I recommending a *liquid* form of CoQ10? For these reasons...

✓ **More than 800% better absorption**—and far more CoQ10!

As I mentioned, you may absorb only 10–20% of vitamins taken in pill form. But you may absorb up to 98% of vitamins taken in liquid form.

This medical fact was scientifically documented in a study³ reported in the journal *Mitochondrion*.

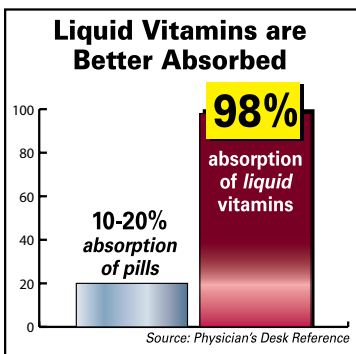
In this study, liquid CoQ10 was compared to CoQ10 in pill form and in softgel form—and in both cases, liquid CoQ10 showed superior absorption.

Specifically, liquid CoQ10 increased blood levels of CoQ10 by 340% compared to the standard CoQ10 softgel.

Even better, liquid CoQ10 increased blood levels of CoQ10 by a whopping 858% compared to a standard CoQ10 pill in powder form.

That's over 800% more CoQ10 power with liquid CoQ10!

✓ **Faster CoQ10 absorption—and faster results!**



Vitamins taken in pill, tablet or softgel form take longer to be absorbed by your body compared to vitamins in liquid form.

That's because when you swallow a vitamin pill, it has to travel down your digestive tract and into your stomach, where it must be broken down for you to absorb it.

But when you take liquid CoQ10, it starts being absorbed quickly by the mucosal membranes in your mouth and the sublingual membranes on your tongue—so it goes to work almost immediately!

3. Bhagavan, Hemmi N., Chopra, Raj K., Plasma coenzyme Q10 response to oral ingestion of coenzyme Q10 formulations. *Mitochondrion* 7S (2007)

LiQ10 Gold gives CoQ10 a swift making it 858% more potent for health and energy!

**Simply drop 2 milliliters of LiQ10 Gold into
water, juice, coffee or your favorite drink
...and unleash the full power of CoQ10!**

There's never been an easier or more powerful way for you to take
CoQ10 each day.



1 Fill the easy-to-use
dropper to 1 or 2 mL.



2 Put into any drink,
hot or cold.



3 Drink and enjoy the
amazing health benefits
of liquid CoQ10.

LiQ10 Gold™ is so easy to use and so effective, it's now my new #1
recommendation for taking CoQ10. If you want 858% more CoQ10 power,
take *LiQ10 Gold™* today!

✓ **Far greater CoQ10 potency thanks to a scientific breakthrough**

Remember, CoQ10 is a fat- and oil-soluble molecule. Anything
fat-soluble is hard to break down. Think about eating a piece of meat with
a lot of fat on it. It will take a long while for your body to digest it. And an
oil-soluble molecule won't mix with water.

But now, scientists have discovered a way to make CoQ10
completely soluble in water. Using a proprietary technology, it's now
possible to get the full power of CoQ10 yet in
a water-soluble liquid form.

And that's the secret behind *LiQ10 Gold™*...
so easily absorbed and so potent that just 2 mL
a day gives you 100 mg of CoQ10!

Best yet, this new, advanced liquid form of
CoQ10 can give you better, faster results...and
help you create more than 25 health miracles,
as you'll now see...

**"Forget outdated
CoQ10 pills, tablets
and softgels. *LiQ10
Gold™* is the best,
most advanced way
to flood your body
with CoQ10!"**

(continued on next page)

New liquid
CoQ10 formula
creates 25
health miracles!

Worried about Turn it into a “card with stunnin

If you're worried about a frail heart, a weak heart muscle and/or poor blood flow to and from the heart, you'll be glad to know CoQ10 could perform a miracle for you.

But don't just take my word. Here are some impressive clinical findings...

HEALTH MIRACLE

Extraordinary support for hearts!

In one eye-popping study⁴ at Scott and White Clinic, Texas A&M University, 19 patients worried about their hearts took 33 mg of CoQ10 three times a day for 12 weeks, then switched to a placebo.

The results were astonishing! In all, 18 out of 19 of the patients showed extraordinary clinical results in their hearts when taking CoQ10, compared to the placebo. **That's a 94.7% success rate!**

HEALTH MIRACLE

Heart muscles improved in 85% of patients!

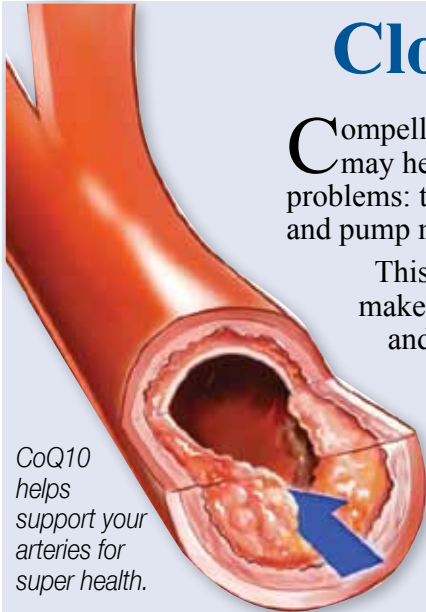
In one six-year study,⁵ 143 patients with weak heart muscles were given 100 mg of CoQ10 daily in addition to their conventional medical program.

Clogged arteries?

Compelling evidence now reveals that CoQ10 may help fight off a hidden cause of heart problems: the inability of blood vessels to dilate and pump more blood through your arteries.

This problem, called endothelial dysfunction, makes your blood slow, clogs up your arteries and increases your risk of heart concerns.

But German researchers⁶ discovered that, when men took CoQ10, it boosted the function of blood vessels in the brachial artery, which pumps blood to your arms and legs. This is a great sign of CoQ10's cardio-protective, artery-clearing powers.



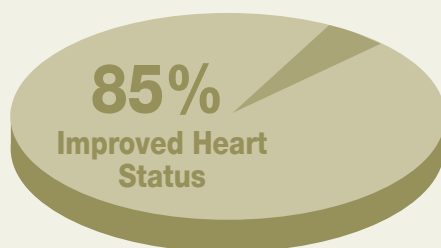
CoQ10
helps
support your
arteries for
super health.

your heart? lio powerhouse” g success!

Impressively, 85% of patients improved by one or two New York Heart Association “classes,” which determine the level of a heart concern. Imagine going from a “severe” level to a “moderate” or “mild” level with CoQ10.

I’ve seldom seen anything, natural or conventional, which can produce results like these.

**85 percent success rate
improving heart status**



With CoQ10, 85% of patients improved the level of their heart concerns.



**Poor, sluggish
blood flow to heart
improved by as much
as 76.2%!**

Typically, blood flow to and from the heart is poor in a person with a weak heart. But you can dramatically improve blood flow with 60–100 mg a day of CoQ10.

Research⁷ documents that CoQ10 taken in these amounts can support the amount of blood pumped in one heartbeat by as much as 76.2%... boost the total volume of blood being pumped from the heart by 35.4%... and enhance the ability of the heart muscle to contract by 35.6%.

(continued on next page)

**Breathe free
and easy!**

In yet another study,⁸ 20 patients took 30 mg a day of CoQ10 and experienced some remarkable benefits. In particular, 50% of them were able to breathe freely and easily.



4. Langsjoen, P.H., et al., Proceedings of the National Academy of Sciences, Vol. 82, June 1985.

5. Langsjoen, P.H., et al., “A six-year clinical study with coenzyme Q10,” *International Journal of Tissue Reactions*, 1990;12(3):169-171.

6. Kuettner, A., et al., “Influence of coenzyme Q10 and cerivastatin on the flow mediated vasodilation of the brachial artery: results of the ENDOACT study,” *Int. J. Cardiol.* 2005 Feb. 28;98(3):413-9.

7. Dr. Karl Folkers, Institute for Biomedical Research, Uni. of Texas, Austin, from *The Miracle Nutrient CoEnzyme Q10*.

8. Tsuyasaki, T., et al., “Biochemical and Clinical Aspects of Coenzyme Q10,” 1980.

Why such impressive results? Because your heart demands higher levels of CoQ10 to thrive.

Of all the organs in your body, your heart is the most ravenous for tremendous amounts of energy to pump blood in and out and to function as it should.

So it's no surprise that more CoQ10 is found in your heart than in any other organ.

New lease on life for heart patients!

Can CoQ10 really be a lifesaver? Just ask the heart patients at Methodist Hospital of Indiana.

HEALTH
MIRACLE

When they added CoQ10 to their traditional heart medications, 80% of them had improved heart function. Even better, all of the responding patients could care for themselves and were not limited in physical activity.



Meet Victor Marchione, MD— the “Food Doctor”



Victor Marchione, MD

As a world-renowned expert in nutritional healing and editor of *THE FOOD DOCTOR* newsletter, Dr. Marchione is frequently called upon to give his expertise on the use of nutrients and natural foods for today's biggest health problems. Dr. Marchione is:

- The medical expert you may have seen on *ABC News*, *NBC's Today Show* and *CBS Evening News*
- A noted author and lead researcher in clinical research studies
- A Board-Certified Medical Doctor (internal and pulmonary medicine)
- An advocate for nutritional healing who's treated thousands of patients for more than 25 years

Now he reveals a new, advanced CoQ10 formula that's 30% more powerful to give you even better, faster results.

In fact, your heart contains a whopping 1,000 mg of CoQ10. Compare that to your blood, which contains only about 4 mg of CoQ10.

Is it any shock, then, when people have a deficiency in CoQ10, their hearts weaken and even fail?

The good news is, as seen in these studies, when you skyrocket your body's level of CoQ10, your heart responds—and thrives!

Picture your heart surging with new energy. Picture your heart pumping out blood with renewed vigor. Then picture your heart feeling young again! That's what CoQ10 could do for you—at any age!

On top of that, you can now enjoy CoQ10 that's 858% more powerful with the new *LiQ10 Gold™* liquid formula!

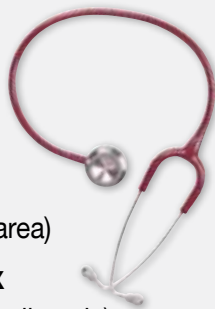
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HEALTH
MIRACLE

Support all of the major heart factors

In an analysis of several controlled clinical trials,¹⁰ CoQ10 was shown to produce significant support in the major cardiac parameters, including...

- **PROMOTE...Ejection fraction**
(Fraction of blood pumped out a heart ventricle with each heartbeat)
- **PROMOTE...Stroke volume**
(The amount of blood pumped in one heartbeat)
- **PROMOTE...Cardiac output**
(Total volume of blood being pumped from the heart)
- **PROMOTE...Cardiac index**
(Measure of cardiac output divided by body surface area)
- **PROMOTE...End diastolic volume index**
(The volume of blood in each ventricle at the end of a diastole)



Exclusive
NEW liquid
CoQ10!



GUARANTEED!

LiQ10 Gold™ will boost the power of CoQ10 with 858% greater absorption for better, faster results. Your satisfaction is guaranteed!

Call Toll-Free:

1-866-531-0466

9. Judy, W.V., et al., "Biochemical and Clinical Aspects of Coenzyme Q10," 1984.

10. Soja, Mortensen, S.A., "Results of meta-analysis in controlled clinical trials," *Ugeskr Laeger* 1997 Dec. 1;159(49):7,302-827.



Yes! New, natural source for healthy blood and blood pressure

CoQ10 skyrockets your health like

When I realized how CoQ10 could revitalize a heart and reduce the risk for cardiac catastrophes, I was impressed. But then I began digging deeper into the scientific research and clinical testing done on CoQ10 and was amazed at what I found. It could also help keep your blood sugar, cholesterol and blood pressure healthy. Just take a look...



CoQ10 supports normal blood sugar!

In the past, most doctors and people overlooked the fact that CoQ10 could help you maintain healthy blood sugar. But now, studies prove its effectiveness in this critical area of your health.

Two studies conducted in Australia show that CoQ10 could help you maintain healthy blood sugar.

In one study,¹¹ patients with blood sugar concerns took 200 mg of CoQ10 each day for 12 weeks.

The results? Excellent! First, they boosted their levels of CoQ10 three-fold. More important, they enjoyed healthy hemoglobin A1c levels, which are a long-term indicator of blood sugar control.

Yet, in another Australian study,¹² 39 patients with blood sugar concerns took 120 mg of CoQ10 a day for two to 18 weeks.

Blood pressure numbers you'll love!

More great news! CoQ10 helps maintain *both* your systolic and diastolic blood pressure numbers.



Systolic (the higher number) measures your blood pressure while your heart contracts to pump blood to your body. Diastolic (the lower number) measures your blood pressure when your heart relaxes between beats.

This benefit was proven in a study¹⁷ of patients with blood pressure concerns. Those taking 100 mg of CoQ10 for 10 weeks got excellent results—safely, easily and without breaking the bank.



11. Hodgson, J.M., et al., *Eur. J. Clin. Nutr.* 2002 Nov.;56(11):1,137-42.

12. Gaby, A.R., *Alter. Med. Rev.* 2001 Sept.;1(3):168-75.

Secret for maintaining sugar, cholesterol assure “numbers”! nothing else—and in so many ways!

Results were equally impressive. Not only did they enjoy healthy blood sugar, but their blood acidity levels were good, too.

But that’s not all.

CoQ10 does wonders for cholesterol, too!

Many patients I see are worried about their cholesterol.

But what most of them fail to realize is that the real cholesterol story goes beyond what you’ve heard. What really counts is if cholesterol gets

“oxidized.”

When cholesterol oxidizes, watch out! Oxidization is the combination of any substance with oxygen, like when a cut apple starts turning brown.

As a super antioxidant, CoQ10 protects cholesterol from oxidation and safeguards your cell membranes from oxidative damage. At the same time, it’s also been shown to keep cholesterol levels healthy.

In one study,¹³ patients took 100 mg of CoQ10 for 10 weeks. Remarkably, this natural supplement helped them keep their cholesterol healthy—safely and with little worry.

And if that’s not enough, CoQ10 also increases the flow of blood with oxygen to your heart, also supporting cholesterol health.

Just as exciting...

CoQ10 is great for maintaining healthy blood pressure, too!

As you may know, healthy blood pressure depends on healthy blood vessels

(continued on page 15)



WARNING!

Shocking warning U.S. statin drug makers ignore... putting millions at risk!

Urgent alert if you are or a loved one is taking any cholesterol-lowering statin drug

Canada has it right! If you bought a statin drug in Canada, one of the warnings on the label would be a message like this: Statin drugs carry the risk of a dose-dependent decrease in the body's production of Coenzyme Q10—and such a depletion can lead to impaired cardiac functioning.

HEALTH
MIRACLE

That's right. While statin drugs reduce cholesterol, they *also* deplete your body of CoQ10 at the same time—and can put you at greater risk for heart problems.

Statin drugs inhibit HMG-CoA reductase, the key enzyme in the biosynthesis of both cholesterol and CoQ10. So, as these drugs block cholesterol, they also block CoQ10 production in your body.

In fact, studies prove that best-selling statin drugs can deplete your body's natural level of CoQ10.^{14, 15, 16, 17}

But shockingly, American manufacturers of statin drugs are *not* required to put this warning on their labels.

Considering that statin drugs have surpassed blood pressure drugs in generating sales for such drug companies, this puts millions of people at unseen risk for heart problems!

Other prescriptions that deplete CoQ10

Besides statin drugs, beta blockers, which lower blood pressure, and antidepressants also inhibit CoQ10 production in your body. So if you are or a loved one is taking any of these, you should also take CoQ10—and, ideally, the new *LiQ10 Gold™*.

IMPORTANT:
Please consult with your doctor before changing any medications.



If you or a loved one is taking a statin drug, you should also take Coenzyme Q10—and the best I've found is the new *LiQ10 Gold™* with advanced absorption, making CoQ10 858% more powerful!

13. Digiesi, V., et al., *Mol. Aspects Med.* 1994;15 Suppl:s257-63.

14. Langsjoen, P.H., Langsjoen, A.M., "The clinical use of HMG CoA-reductase inhibitors and the associated depletion of coenzyme Q10. A review of animal and human publications," *Biofactors*, 2003;18(1-4):101-111.

15. Passi, S., et al., "Statins lower plasma and lymphocyte ubiquinol/ubiquinone without affecting other antioxidants and PUFA," *Biofactors*, 2003;18(1-4): 113-24.

(continued from page 13)

and blood flow.

The good news? CoQ10's antioxidant powers help stabilize the membranes of your blood vessels and increase blood vessel diameter. The result? It supported blood flow more easily and helped blood pressure stay healthy.

This finding is backed up by some excellent clinical studies.

In one study,¹⁸ 115 patients concerned about their blood pressure took CoQ10. Fully 80% of the patients experienced positive results.

Plus, in a randomized, double-blind, placebo-controlled study,¹⁹ 46 men and 37 women with blood sugar concerns took 60 mg of CoQ10 twice daily for 12 weeks. Once again, systolic blood pressure was at healthy levels!

Even better, one study²⁰ documented that taking CoQ10 dosages of 30 to 45 mg a day for two to 12 weeks could do wonders for promoting healthy blood pressure!

Bottom line: The new advanced *LiQ10 Gold™* gives you 858% greater CoQ10 absorption to help keep your blood sugar, cholesterol and blood pressure healthy!



Let this new advanced liquid CoQ10 formula give you the best support for cholesterol, blood sugar and blood pressure "numbers" you've had in years!

(continued on next page)



**Exclusive
new liquid
CoQ10
formula!**

GUARANTEED!
***LiQ10 Gold™* will boost the
power of CoQ10 with 858%
greater absorption for better,
faster results. Your satisfaction
is guaranteed!**

Call Toll-Free:

1-866-531-0466

**The New,
Low-Cost
NATURAL
CURES**

**Proven
Natural
Secrets For
PAIN FREE
LIVING**

**Doctors'
Inside
Secrets for
BETTER
HEALTH
"NUMBERS"**

**YOURS
FREE!**

**\$59.85 value,
See page 31**

16. Mortensen, S.A., et al., "Dose-related decrease of serum coenzyme Q10 during treatment with HMG-CoA reductase inhibitors," *Mol. Aspects Med.* 1997;18 (suppl):S137-S144.
17. Folkers, K., et al., "Lovastatin decreases coenzyme Q10 levels in humans," *Proc. Natl. Acad. Sci. USA*, 1990 Nov.;87(22)8,931-4.
18. Langsjoen, P., et al., Institute of Biomedical Research, University of Texas at Austin, *Mol. Aspects Med.* 1994;15 Suppl:S265-72.
19. Burke, B.E., et al., *South Med. J.* 2001; 94(11):1,112-1,117.
20. Yamagami, T., et al., *Journal of Medicine* 1978; 9(2): 145-155.

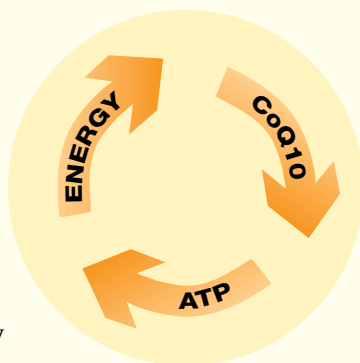
Elite athletes praise ability to improve performance and

Imagine the new sense of natural vitality

Why are so many millions of people always tired and fatigued, especially as they age? I believe one of the unseen causes is a deficiency in CoQ10. Here's why. All cellular functions rely on the production of ATP (adenosine triphosphate), the key energy source for many metabolic processes.

But in order for ATP to be abundantly produced in your body, it needs a constant supply of CoQ10. CoQ10 helps turn foods you eat into ATP. In fact, **CoQ10 is vital for producing 95% of cellular energy.**

The fact is, if you have a deficiency of CoQ10, the chain of cellular energy is broken.



CoQ10 turns foods into ATP, which in turn creates energy. Without enough CoQ10, your energy is drained.

Discomfort slashed in half ...even with increased exercise!



If the arteries around your heart are constricted, there's less blood flowing to the muscles of your heart. The result? You may feel discomfort, especially when you run, carry heavy objects or exert yourself. Not only is this scary, but it also hurts.

But in a clinical study²¹ reported in the *American Journal of Cardiology*, patients suffering from discomfort were able to increase their exercise tolerance and reduce the frequency and severity of this pain with CoQ10.

In fact, those taking 150 mg a day of CoQ10 for four weeks reduced the frequency of discomfort by more than HALF, from 5.3 to 2.5, after a treadmill test.

Use CoQ10's energy, recovery time!

it can bring to your life!



The result? Low CoQ10 equals low energy, vitality and strength.

What's more, your heart, skeletal muscle tissue and liver, organs whose primary purpose is energy production, all demand high amounts of CoQ10.

Bottom line: Any deficiency in CoQ10 will zap you of energy and leave you feeling weak, tired and listless—even if you haven't exerted yourself.

But CoQ10 has been clinically shown to supercharge energy and endurance

Here's great news: Supplementing your body with CoQ10 has been shown to flood your body with energy. Just take a look...

► **Improved Athletic Performance:** Take for instance a study²¹ of elite athletes; in this case, 25 top Finnish cross-country skiers.

They participate in a grueling, demanding sport, so any natural supplement that can improve their performance is welcome.

(continued on next page)

More energy without exercise!

If it's hard for you to exercise regularly or if you hate exercise, read this.



An eye-opening study²² at The Free University of Brussels in Belgium revealed that the cardiac performance of healthy young men was boosted by taking CoQ10 alone. That's right, these men got the energized cardiac effects of exercise without having to exercise.

In addition, 11 patients with heart concerns took 100 mg of CoQ10 a day for 12 weeks. Their ability to tolerate exercise was measured. And guess what? The patients experienced an average 20% increase in the heart's ability to pump blood and a 12% increase in muscle power of the heart.



*Feel energized
without killing
yourself exercising.*

21. Kamikawa, T., et al., "Effects of coenzyme Q10 on exercise tolerance," *Am. J. Cardiol.*



Frail hearts energized!

Why do people with frail hearts feel so weak and drained? One main reason is they likely have poor ejection fraction. Ejection fraction is the fraction of blood pumped out a heart ventricle with each heartbeat.

In patients with heart problems, the ejection fraction is low—typically 35% 25% or even less of normal.

But as documented in a six-year study,²⁴ ejection fraction improved from 44% to 60% within six months when patients took 100 mg of CoQ10. Better yet, this number stabilized at that level,

with 84% of patients showing significant results.

It's simple. Boost your ejection fraction and boost your energy!



In this double-blind, crossover study, these skiers took either 90 mg of CoQ10 a day or a placebo—and they measured various aspects of physical performance.

Not surprisingly, all areas of physical performance improved with CoQ10, including VO2Max (the measurement of cardio responsive endurance). In fact, over 90% of the athletes reported that CoQ10 boosted their performance and recovery time, compared to only 33% of those taking the placebo.

► **More Vigor:** In a study²⁵ at Wright State University, 15 middle-aged men took either 150 mg of CoQ10 or a placebo each day for two months.

The results? Those taking CoQ10 boosted their level of vigor.

► **Less Fatigue:** In a study²⁶ at the University of Texas, 24 patients suffering from fatigue took either 100 mg or 300 mg a day of CoQ10 for 180 days.

A full 60% of those receiving 100 mg and more than 90% of those receiving 300 mg responded positively to CoQ10, lessening their fatigue levels.

No matter what kind of energy problems you're struggling with—fatigue, tiredness, lethargy—CoQ10 can give you a big boost of energy.

Plus, with the new advanced *LiQ10 Gold™*, you can get 858% more CoQ10 power!

How important is CoQ10 for energy? Nobel Prize important!

In 1978, English Researcher Peter Mitchell was honored with the prestigious Nobel Prize for his work on the importance of CoQ10 and energy transfer. His research laid the groundwork for the value of CoQ10 in boosting energy in the heart, brain, immune system and whole body.



CoQ10 now shown to support your body's immunity by boosting key natural defense compounds!

Perhaps you've tried to bolster your immune system with natural solutions such as vitamin C, echinacea, garlic or astragalus. This is a good start.

But nothing I've seen comes close to supporting your immune system like CoQ10 does. Why? For three reasons.

HEALTH
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CoQ10 is a potent immune system stimulator!

1. A powerhouse immune system is dependent on a surging supply of energy from ATP—fueled by CoQ10 in your cells' mitochondria.

This is why Dr. Karl Folkers calls CoQ10 an “immunostimulating agent” and “an important component...for the optimal function of the immune system.”

CoQ10 sweeps invading organisms from your blood

2. A powerhouse immune system must be armed to disable and remove invading pathogens—and that's where CoQ10 stands out! In one study,²⁷ CoQ10 was shown to boost the ability of your body's immune cells to immobilize harmful pathogens.

HEALTH
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Plus, in an important animal study,²⁹ CoQ10 was shown to double the immune system's effectiveness, even boosting immunity to conquer many different viruses.

Pump up your CoQ10 levels, fast!

How long will it take for you to raise your body's level of CoQ10 for super immunity? Not long at all!

In one study,²⁸ 72 patients with heart worries took either 90 mg of CoQ10 or a placebo a day for more than two weeks.

Not surprisingly, those taking CoQ10 saw blood levels of CoQ10 increase, and CoQ10 levels were significantly higher in heart muscles. Compare that to the control group who had no CoQ10 benefits.

22. Ylikoski, T., et al., “The effect of coenzyme Q10 on the exercise performance of cross-country skiers,” Vuokatti Sports Testcenter, Finland. *Mol. Aspects Med.* 1997; 18 Suppl:S283-9051.

23. Vanfraechem, et al., “Biochemical and Clinical Aspects of Coenzyme Q10,” 1984.

24. Langsjoen, P.H., et al., “A six-year clinical study with coenzyme Q10,” *International Journal of Tissue Reactions* 1990; 12(3):169-171.

25. Porter, D.A., et al., “The effect of oral coenzyme on the exercise tolerance of middle-aged, untrained men,” Wright State University, Department of Orthopedics. *Int. J. Sports Med.* 1995 Oct.;16(7):421-7.

26. Judy, W.V., et al., “Dose related effectiveness of CoQ10,” First Conference of the International Coenzyme Q10 Association.

27. “CoEnzyme Q10,” *Altern. Med. Rev.* 1998 Feb.;3(1):58-61.

28. Nobuyoshi, M., et al., “Biochemical and Clinical Aspects of Coenzyme Q10,” 1984.

29. Bliznakov, E., et al., “Coenzyme Q10: Stimulants of the phagocytic activity in rats and immune response in mice,” *Experientia* 1970;26:953-54.

CoQ10 increases key natural defense compounds

3. A powerhouse immune system must have high levels of key natural defense compounds.

The good news? CoQ10 boosts antibody IgG, as proven in an impressive study,³⁰ for fighting viruses, bacteria and fungi. IgG neutralizes these pathogens before they can do damage.

In addition, CoQ10 boosts blood levels of helper T-cells to maximize the power of your immune system.



Enjoy life's pleasures, worry-free, with a powerhouse immune system bolstered by CoQ10.

HEALTH
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Like rocket fuel for your immune system

Your immune system is critical for protecting your body against foreign invaders.

When healthy, your immune system recognizes harmful substances...mobilizes your immune cells and antibodies...and attacks the invaders.

But far too many people have weak, compromised immune systems—and that means they're vulnerable to attacks by viruses and bacteria.

Award-winning discovery!

Karl Folkers, PhD, one of the world's leading researchers on CoQ10, was awarded the Priestley Medal, the American Chemical Society's most prestigious honor, for his landmark CoQ10 research.



Be prepared by powering up your immune system with CoQ10. CoQ10 takes you far beyond typical natural immune supplements.

It's like rocket fuel for your immune system—and *LiQ10 Gold™* gives you 858% more CoQ10 power for even greater immune protection.



Exclusive
new liquid
CoQ10
formula

GUARANTEED!
LiQ10 Gold™ will boost the power of CoQ10 with 858% greater absorption for better, faster results. Your satisfaction is guaranteed!

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FREE!**

\$59.85 value,
See page 31

30. Folkers, K., et al., "The activities of coenzyme Q10 and vitamin B6 for immune response," *Biochemical and Biophysical Research Communications* 1993; 193(1):88-92.

Beyond ordinary CoQ10 to support
**Sharp memory,
strong gums,
fast metabolism,
peaceful sleep!**



Here's what the latest scientific research reveals...

Doctors and researchers have known for decades that CoQ10 could work miracles for promoting your heart...cholesterol, blood sugar and blood pressure...energy...and immunity.

But what really surprised them—and me—was how it could also give you an array of remarkable benefits for a number of other health conditions. For example, the latest research suggests...

CoQ10 could help keep your mind and memory sharp

Exciting scientific findings suggest CoQ10 could keep your mind and
(continued on next page)

Beyond heart-boosting!

**Start enjoying improved “quality of life”—
in every area of your life!**

In a startling study³¹ conducted in Italy, 78% of 2,664 patients with heart problems took 100 mg a day of CoQ10 for 90 days. As you can see, the results were stunning—especially in the “extra” benefits these patients experienced...

- **Fluid levels in body...**78.6% improved!
- **Skin color and circulation...**78.1% improved!
- **Lung fluid levels...**77.8% improved!
- **Heart rate...**75.4% improved!
- **Balance...**73.1% improved!
- **Health of veins...**71.8% improved!
- **Heart beats...**63.4% improved!
- **Sleep quality...**62.8% improved!
- **Breathing...**52.7% improved!
- **Liver health...**49.3% improved!
- **Nighttime urination...**53.6% improved!

In fact, over 50% of these patients showed improvement in at least three of these symptoms and significantly improved the quality of their lives with CoQ10.



memory sharp by protecting the mind from neurotoxins, which even powerful antioxidants can't stop.

The Journal of Behavioral Research reports that CoQ10 supplementation keeps learning high and memory clear...possibly by inhibiting oxidative stress and improving levels of ATP.

"As you can see, CoQ10 is a 'super' nutrient. Not only could it perform a miracle for your heart, immunity and energy—but it could also do wonders for maintaining your healthy cholesterol, blood sugar, memory, metabolism—your whole body!"

CoQ10 does wonders for gums and teeth

As mentioned earlier, many people concerned about their gums and teeth have a deficiency of CoQ10. So it was no surprise that, when CoQ10 was given to these patients, many of them improved.

"CoQ10 has been hailed as a miracle nutrient"

In one study³² of 18 patients concerned about their gums, eight took 50 mg of CoQ10 per day and 10 took a placebo.

After just 21 days, 100% of those taking CoQ10 reported healthy gums and teeth and positive outcomes.

CoQ10 speeds up metabolism

A deficiency of CoQ10 slows down metabolism. This was proven in a study,³³ which revealed that 52% of people with weight concerns were deficient in CoQ10.

31. Baggio, E., et al., "Department of Internal Medicine," V. Buzzi Hospital, Reggio Emilia. Italian multicenter study. *Mol. Aspects Med.* 1994; 15:s 287-94.

32. Wilkinson, E.G., et al., "Bioenergetics in clinical medicine," VI. *Res. Commun. Chem. Pathol. Pharmacol.* 1976; 14(4):715.

33. van Gaal, L., et al., "Exploratory study of coenzyme Q10," *Biomedical and Research Aspects of Coenzyme Q*, Vol. 4. Folkers, K., & Yamura (eds.) Elsevier Science Publishers, Amsterdam, 1984: 369-373.

34. Feher, J., et al., "Improvement of visual functions with a combination of acetyl-L-carnitine, n-3 fatty acids and coenzyme Q10," *Ophthalmologica* 2005 May-June; 219(3):154-66.



The good news is, CoQ10 speeds up metabolism and boosts energy for healthy weight. In the study above, people supplemented a daily diet with 100 mg a day of CoQ10. After nine weeks, those taking the CoQ10 were able to keep their weight at healthy levels!

CoQ10 could help you sleep uninterrupted again

Many people over age 50 don't sleep well. And poor sleep is bad for your body and your health.

Yet when heart patients took 100 mg of CoQ10, more than 60% of them slept peacefully.

Imagine deep, peaceful, uninterrupted sleep.

Bottom line: CoQ10 has been hailed as a “miracle nutrient,” and it's easy to see why. It gives you an amazing array of unique health benefits.

Even better, the advanced, new *LiQ10 Gold*™ gives you **858% more CoQ10 power**—your satisfaction is guaranteed!

(continued on next page)

Your health—and your quality of life—could soar with this advanced CoQ10 formula.



The little-known secret for promoting clear, healthy vision

People who worry about their vision typically have low levels of CoQ10.



Yet an impressive double-blind, placebo-controlled study³⁴ documents that adults concerned about vision health took CoQ10 and acetyl-L-carnitine, along with omega-3 fatty acids, for one year. The results? Healthy vision!

**HEALTH
MIRACLE**

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***LiQ10 Gold*™**

will boost the power of CoQ10 with 858% greater absorption for better, faster results. Your satisfaction is guaranteed!

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**Exclusive
new liquid
CoQ10
formula**



Important

The most advanced with 858% more satisfaction

As you've read so far, CoQ10 could perform a miracle for your health—in fact, you can experience over 25 health miracles. What's more...

- Over 50 years of solid scientific research prove the effectiveness of CoQ10.

- Its benefits have been observed in hundreds and hundreds of clinical studies.

- And around the world, it's prized by doctors as a lifesaver.

But as I mentioned earlier, most CoQ10 pills being sold today are so poorly absorbed by your body, they're virtually *worthless!* The good news is...



Feel better and more energized with this new CoQ10 formula.

There's a new, advanced natural formula that unlocks the hidden power of CoQ10 for you.

This natural formula overcomes the problem of poor absorption of CoQ10 and is guaranteed to boost the power of CoQ10 by for better, faster results!

It's my #1 recommendation for CoQ10: The new *LiQ10 Gold™*.

No other CoQ10 formula I've ever seen offers you more CoQ10 power in a faster-acting *liquid* form giving you, for the first time...

Over 25 health miracles from liquid CoQ10!

Here are the types of benefits you can enjoy with the new, advanced *LiQ10 Gold™*...

- | | |
|--|--------------------------------|
| ✓ Keep your heart a cardio powerhouse | ✓ Promote healthy blood sugar |
| ✓ Keep blood flowing free and easy to your heart | ✓ Maintain healthy cholesterol |
| ✓ Enjoy strong heart muscles | ✓ Keep blood pressure normal |
| ✓ Breathe free and easy | ✓ Supercharge your energy |
| ✓ Help keep arteries clear | ✓ Boost your vitality |
| | ✓ Lessen tiredness |

to know:

CoQ10 formula available CoQ10 power— guaranteed!



**BEST
OFFER:
6 LiQ10 GOLD™
Bottles**

► **More than 800% better
absorption—and far more CoQ10!**

Better absorption than a CoQ10 tablet or pill? You bet. Better absorption than a CoQ10 softgel? Yes. The best CoQ10 absorption I've ever seen—period!

► **Faster CoQ10 absorption—and faster results!** No more waiting hours and hours for a CoQ10 pill, tablet or softgel to be absorbed into your system. With a liquid CoQ10 absorption occurs almost immediately!

► **Far greater CoQ10 potency thanks to a scientific breakthrough.** In the past, the fact that CoQ10 is fat and oil soluble has been a problem that meant difficult absorption. Not anymore! This new liquid formula is so fast, so easily absorbed and so potent you just need 2 mL a day for 100 mg of CoQ10! Best yet...

The new, advanced CoQ10 formula is now available to you without risk, and with special savings and FREE Gifts!

I'm excited to report that special arrangements have been made for you to try *LiQ10 Gold™* under the terms of an exclusive introductory offer—and you won't risk one cent.

For example, with the "Best Offer" deal, you'll receive...

■ **A six-month supply (six bottles) of *LiQ10 Gold™*** at a special savings...and the lowest price per bottle.

■ **Three FREE Special Reports**, each valued at \$19.95, including...
(continued on next page)

- ✓ Promote your immunity
- ✓ Keep your mind and memory sharp
- ✓ Enjoy strong gums and teeth
- ✓ Speed up metabolism
- ✓ Sleep uninterrupted again
- ✓ Keep fluid levels normal

- ✓ Keep a good, healthy heart rate
- ✓ Support clear vision
- ✓ Enjoy healthy veins
- ✓ Keep your skin clear and lustrous
- ✓ Enjoy great lungs
- ✓ Keep your balance easily
- ✓ Plus many more natural health miracles!

**HEALTH
MIRACLE**

FREE SPECIAL REPORT #1:

The New, Low-Cost Natural Cures

- **This inexpensive secret** from the sea could slash your risk of heart problems, even heart attack.
- **The savory (and inexpensive) drink** that could make your bones strong as steel.
- **Flattened by fatigue?** The scent of this herb will help get you energized, fast!
- **Plus many more low-cost, money-saving natural remedies and cures**, all yours FREE!

FREE SPECIAL REPORT #2:

Proven Natural Secrets For Pain Free Living

- **The natural remedy for severe pain.** If you need something really, really strong, then try this pain-stopping 1-2 punch!
- **How a molecule your cells make repairs cartilage** and fights pain like nothing else.
- **Plagued by back pain?** You're likely deficient in the inexpensive "sunshine" vitamin.

FREE SPECIAL REPORT #3 :

Doctors' Inside Secrets for Better Health "Numbers"

- **High blood sugar:** Get your blood sugar under control, naturally, with this mineral powerhouse.
- **Unwanted fat:** Forget starvation dieting. Eating these yummy grains could help melt off fat with ease.
- **Plus, many more insider secrets** for the best "numbers" of your life, yours FREE!

Order within 7 days for an extra FREE Gift!

For your prompt order, you'll receive an extra FREE Gift, also valued at \$19.95. It's...

Natural Alternatives for Best-Selling Prescription Drugs

Discover safe, natural, low-cost alternatives for the best-selling drugs!
See page 29 for all the details.

One drink a day of liquid CoQ10... or three pounds of sardines?

You can try to get the CoQ10 you need each day by eating certain foods, such as meat, poultry, fish, soybeans, nuts and fruits and vegetables.

But most people only get about 3–5 mg a day of CoQ10 from food—less than 1/20th of what you really need.

In fact, to get 100 mg of CoQ10, you have to eat more than three pounds of sardines or more than seven pounds of peanuts...a day!

Make it easy on yourself. Put 2 mL of *LiQ10 Gold™* in any drink and get 100 mg of super potent CoQ10!

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CURES**

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VALUE,
FREE!**

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Secrets For
PAIN FREE
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**Doctors'
Inside
Secrets for
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HEALTH
"NUMBERS"**

**\$19.95
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Plus, why not order? Since you risk nothing, thanks to...

An Ironclad, 100% Money-Back Triple Guarantee of Satisfaction

GUARANTEE #1: The new, advanced *LiQ10 Gold™* boosts the power of CoQ10 (with improved absorption) for better, faster results—your satisfaction guaranteed or your money back!

GUARANTEE #2: The new, advanced *LiQ10 Gold™* is manufactured using 100% superior-quality ingredients tested for safety, quality and purity in an federally-regulated facility—your satisfaction guaranteed or your money back!

GUARANTEE #3: The new, advanced *LiQ10 Gold™* will give you the support you want for your heart...brain...energy...immunity... cholesterol... blood pressure...blood sugar...weight loss... and many more health concerns—your satisfaction guaranteed or your money back!

In fact, if you are in any way dissatisfied, you may return the product within 30 days for a full, 100% refund of every penny, including shipping. No questions asked. Plus, the FREE Gifts are yours to keep. Could anything be fairer than that?

Not sold in any stores. So hurry, order now!

Of all the nutritional discoveries made over the past 50 years, Coenzyme Q10 ranks up there as one of the most significant—if not, THE most significant.

Nothing I've ever seen can give you more health benefits than CoQ10—and nothing addresses more common health conditions than CoQ10.

As you've read, CoQ10 can perform a miracle for your heart, your brain and your biggest health problems.

Even better, you can now order the new, advanced *LiQ10 Gold™*...and boost the power of CoQ10 by 858% for even better, faster results—satisfaction guaranteed!

I urge you...don't wait a moment longer.

Order the exclusive new *LiQ10 Gold™* and create your own health miracle.

Yours for better health nature's way,



Victor Marchione, MD

P.S. Don't forget. For greatest savings and the most FREE Gifts, order the "Best Offer" six-month package. Plus, you risk nothing with a 100% Money-Back Triple Guarantee—so why not take advantage of this special opportunity?

P.P.S. And remember, order within 7 days for an extra FREE Gift: *Natural Alternatives for Best-Selling Prescription Drugs*—a \$19.95 value, yours FREE for your prompt order.

(continued on next page)

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Our Best Offer Ever!

Unlock the full power of CoQ10 with the new, advanced **LiQ10 Gold™** and enjoy special savings and **FREE Gifts**

Your "Best Offer" deal for the new, advanced **LiQ10 Gold™** is the greatest combination of savings and **FREE Gifts**. It includes...

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Supplement Facts

Serving size: 2 mL

Amount CoQ10
per serving 100 mg

As verified by SoluBlend Technologies
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Natural Alternatives for Best-Selling Prescription Drugs

Are you or a loved one taking prescription drugs? Do you ever worry about side effects or rising costs? If so, then this Special Report is a must-read. Discover safe, natural, low-cost alternatives for the best-selling drugs, including...

- ✓ **Lipitor®/Crestor®/Zocor®/Vytorin®**: An extract from the leaf of this vegetable lowers LDL “bad” cholesterol and raises HDL “good” cholesterol.
- ✓ **Codeine®, Oxycodone®, Duragesic®**: Rub an ointment of this flower on your joints for quick, soothing comfort.
- ✓ **Prozac®, Paxil®, Cymbalta®, Zoloft®**: For mild or moderate depression, this prized herb has been shown to work as well as conventional treatments.
- ✓ **Coumadin®, Heparin®, Plavix®**: The Japanese secret for natural blood thinning.
- ✓ **Benicar®, Mavik®, Coreg®**: The vitamin-like wonder that could lower high blood pressure like a champ.
- ✓ **Dibeta®, Avandia®, Byetta®, Actos®**: The tropical herb, long prized by the Chinese, that could drop high blood sugar like a rock.
- ✓ **Ritalin®, Prozac®, Anafranil®**: An amino acid that fuels your cells’ mitochondria with energy-producing power.
- ✓ And many more natural alternatives to popular prescriptions, yours **FREE!**

IMPORTANT: Do not change your medications without first consulting with your doctor.

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Two ways to order the ultimate CoQ10 formula for superior results!

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☐ **BEST OFFER: Buy six bottles for \$179.95 Recommended!**
a 40% savings and the lowest price per bottle.

Please rush me a six-month supply (six bottles) of *LiQ10 Gold™* at a special price of just \$179.95. This is a savings of \$119.75 off the single bottle price and the lowest price per bottle. Your "Best Offer" also includes...

▶ **Three FREE Special Reports, each valued at \$19.95, including:**

- *The New, Low-Cost Natural Cures*
- *Proven Natural Secrets For Pain Free Living*
- *Doctors' Inside Secrets for Better Health "Numbers"*

▶ **FREE Shipping & Handling, valued at \$8.95**

In all, your "Best Offer" is a total value of savings and FREE Gifts of \$188.55.

☐ **GREAT OFFER: Buy three bottles for \$99.95**
a 33% savings.

Please rush me a three-month supply (three bottles) of *LiQ10 Gold™* at a special price of just \$99.95. This is a savings of \$49.90 off the single bottle price. Your "Great Offer" also includes...

▶ **Two FREE Special Reports, each valued at \$19.95, including:**

- *The New, Low-Cost Natural Cures*
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In all, your "Great Offer" is a total value of savings and FREE Gifts of \$98.75.

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