

Natural Health Options

Practical Solutions for Optimal Wellness

What to do when your blood pressure just won't go down

There's a little-known reason for blood pressure problems—
and I'm going to reveal it to you right now



Dr. Michael Cutler

Dear friend,

If you're finding it downright impossible to maintain healthy blood pressure—even when you take several prescription medicines—what you're about to discover may shock you.

Researchers have found that a whopping 30% of the 74.5 million Americans struggling with their blood pressure suffer from a little-known health robber I call “Resistant Blood Pressure (RBP)”. In other words...

...22.35 million folks continue to have blood pressure problems even though they:

- Exercise regularly!
- Stick to a healthy diet!
- And take three or more medicines—including water pills!

Is that you or a loved one?

If so, this special issue may have just come in the nick of time!

My name is Dr. Michael Cutler. You may know me as the editor of the popular health advisory, *Easy Health Options*™—dedicated

to bring you cutting-edge solutions for your health problems.

But today, in this special issue, I want to focus on blood pressure—YOUR blood pressure. And I want to show you how you can have healthy blood pressure naturally.

So my promise to you is this: Give me just ten minutes of your time—and I will show you a breakthrough nutritional solution that helps you get your blood pressure under control—even if you've been struggling with it for years. In fact, you're about to discover...

↪ Proven!

The three-step secret to healthy blood pressure—it works even when others fail!

In my practice, I've discovered the most successful way to keep your blood pressure healthy is to attack the three most overlooked culprits that can shoot your blood pressure through the roof. And this simple approach works—even when other attempts have failed in the past.

So follow this three-step approach—and you, too, can keep your blood pressure in the healthy range:

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Step #1: Remove calcium from your arteries for optimum blood flow!

Each and every day, your blood pumps through 100,000 miles of arteries, veins, and capillaries. The diameter of your veins and arteries affects the rate of blood flow and the amount of pressure needed to pass through your arteries. The bigger the opening, the less pressure is needed.

So what do you think happens when those blood vessels get lined with layers and layers of calcium plaque deposits?

You guessed it! The pathway narrows and your blood literally has to squeeze through those arteries and veins—causing your blood pressure to skyrocket.

Now, imagine a simple nutrient that can quickly help remove calcium from your blood vessels and keep them wide open for healthy blood flow.

It's called **Vitamin K2**. And here's why it's the first part of my three-step program for healthy blood pressure.

You probably know of the more common

vitamin K1. This is the form of vitamin K that's readily available in green vegetables. And it's very important for normal blood clotting.

But vitamin K2—also known as menaquinone—is very different. Vitamin K2 is essential for your cardiovascular health because of its amazing ability to utilize calcium.

In fact, vitamin K2 acts like a shuttle bus service. It helps move unwanted calcium out of your arteries and delivers that calcium to your bones—where it's needed for bone health! Numerous studies show the amazing power of vitamin K2. For example...

Journal of Nutrition

The prestigious Rotterdam Study printed in the *Journal of Nutrition* shows patients with the highest levels of vitamin K2 experience better cardiovascular health.

An additional five-year follow-up study of more than 4,400 elderly patients confirmed the original findings: **The more vitamin K2 in your body, the healthier your arteries!**

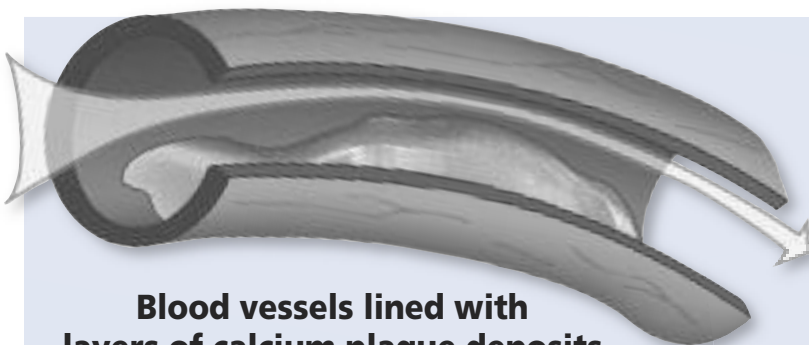


Meet Dr. Michael Cutler

In his thriving medical practice, Dr. Cutler has been an eyewitness to remarkable reversals of illnesses using natural medicines, alternative therapies, and the power of mind and body healing. His mission is to share these discoveries to help you experience optimal health.

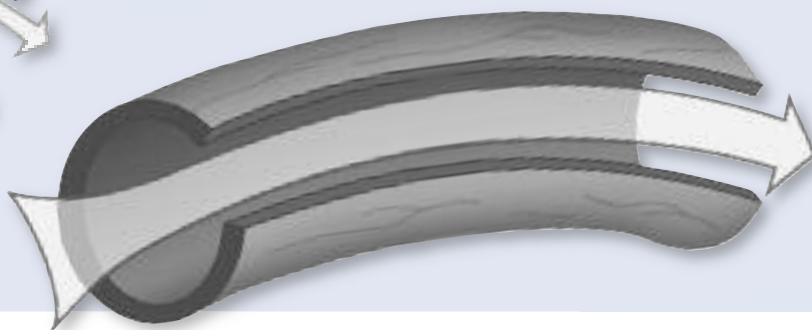
- Board certified family physician with over 18 years experience specializing in chronic degenerative diseases, fibromyalgia, and chronic fatigue.
- Graduate of Brigham Young University (BYU), Tulane Medical School, and Natividad Medical Center Family Practice Residency, in Salinas, California.
- Successfully brought professionals of several healthcare disciplines together to bridge the gap between conventional medical training and effective complementary medicine.
- Through his patients' experiences, as well as his own, Dr. Cutler utilizes many natural medicines to work with conventional treatments and therapies for an integrative solution to health problems.
- Sought-after speaker and lecturer on the importance of maintaining optimum health and eradicating degenerative diseases by maintaining optimum acid-alkaline balance.
- Editor and founder of the newsletter, *Easy Health Options*™—an authoritative guide to natural healing treatments
- Formulator of Ultimate BP™ and other nutritional supplements designed to promote natural body balance and optimal health.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. This product is not intended to be a substitute or replacement for any drug, surgery, or any other medical treatment. Seek the advice of a competent healthcare professional for your specific health concerns. Individual results may vary.



Blood vessels lined with layers of calcium plaque deposits force blood to literally squeeze through—causing your blood pressure to skyrocket.

Clear blood vessels allow healthy blood flow!



But before you go taking any vitamin K2—please know this:

Not all vitamin K2 products are alike. In fact, most of the supplements on the market are downright misleading. Here's why:

Vitamin K2 contains many subtypes including MK-1 through MK-13. But without a doubt the subtype of vitamin K2 you need for healthy blood pressure is **MK-7**. This is the actual shuttle bus nutrient that moves calcium out of your arteries and into your bones!

But since MK-7 is expensive to produce, most vitamin companies give you the cheaper and inferior MK-4 subtype. Don't settle for this—it won't get the job done for you!

You need the bioavailable and highly active long chain MK-7 to constantly help remove calcium from your arteries to keep blood vessels wide open for healthy blood flow and normal blood pressure!

MK-7 has been shown in numerous studies to actually extract calcium from the blood and arteries. These are the calcium deposits that can line the walls of your arteries—and make blood flow more difficult. My friend, do you understand what this means?

With this amazing nutrient, you can help keep your arteries clear of dangerous calcium plaque... promote healthy blood flow... keep your blood pressure healthy and under control—and strengthen your bones to boot! All without any nasty side effects!

Now, after regularly removing calcium from your arteries with vitamin K2—you need

this next step to promote healthy blood flow...

Step #2: Relax your arteries for healthy blood pressure!

For optimal blood pressure—you need balanced levels of a gaseous molecule called **Nitric Oxide**—"NO" for short.

NO is naturally produced in your body from arginine and oxygen. Simply put, NO signals the surrounding blood vessels to relax.

When your blood vessels are relaxed, they can open up and allow blood to easily pass through. This widening process is called **vasodilation**. And it's important because vasodilation naturally **INCREASES** your blood flow and **DECREASES** your blood pressure.

Next page, please...

This special blood pressure issue contains studies and research from leading institutions including...

- *Journal of Nutrition*
- *Journal of Medicinal Food*
- *Journal of the American College of Nutrition*
- USDA Human Nutrition Research Center on Aging
- *Nutritional Neuroscience*
- University of California at Davis
- U.S. Department of Agriculture (USDA)
- *British Journal of Nutrition*
- *Journal of Agriculture and Food Chemistry*

NO can also help keep your blood platelets from sticking together and becoming thick like ketchup. Studies show that low levels of NO have been linked to blood pressure problems as well as more serious heart problems.

The good news is: Mother Nature's pharmacy contains a remarkable nutrient that has a profound effect on your body's NO production. It's called **Grapeseed Extract**.

Numerous studies show the benefits of grapeseed extract when it comes to promoting healthy blood pressure. For example...

In a study presented at the FASEB (Federation of American Societies for Experimental Biology) 2007 conference, researchers tried to determine the effect of grapeseed extract on 22 patients with early signs of potential blood pressure problems. They selected this group because more than 69 million American adults fall into this category—putting them at a higher risk for serious heart problems.

The patients were divided into two groups: The grapeseed extract group was

given 300 mg/day for eight weeks. The other group received a placebo. Blood pressure readings were recorded at the start and end of the test period. The results?

The grapeseed extract group reduced their systolic (upper number) blood pressure by 8.3 mmHg and their diastolic (lower number) by 5.7 mmHg! In other words, many of these folks were no longer worried about their blood pressure—it returned to the normal range!

Another similar study was conducted, but this time it was with people with metabolic problems—which increase your risk of developing cardiovascular and blood sugar health scares.

After just four weeks, the study results showed the ones taking just 150 mg of grapeseed extract experienced a 13 mmHg drop in systolic and a 6 mmHg drop in diastolic blood pressure!

Here's what makes grapeseed extract such a powerful blood pressure aid...

...Turns out this amazing nutrient not only causes blood vessels to relax by controlling nitric oxide...

...It also has the uncanny ability to act as a natural calcium channel blocker—and prevent calcium from entering in the muscle cells of the heart and arteries!

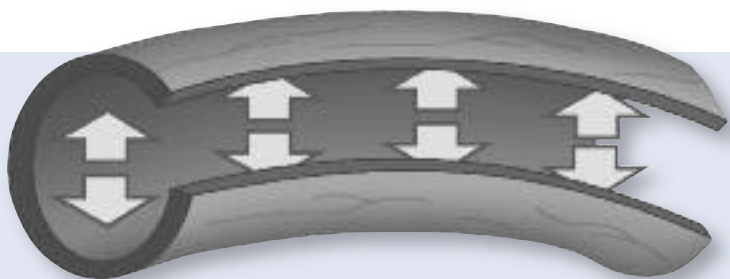
This is phenomenal news because calcium causes plaque to build up in your arteries! With grapeseed extract, you have a natural plaque blocker at your disposal!

So far you've seen how you can help keep calcium out of your arteries with vitamin K2 and boost healthy production of nitric oxide to promote relaxed arteries for optimal blood flow with grapeseed extract.

Now, you need this 3rd amazing nutrient to help keep your blood pressure healthy—especially when you're under stress...

Step #3: Ease blood vessel constriction and water retention! This secret weapon is proven 98% effective!

Scientists know the enzyme called



"Blood pressure is the force of blood against the walls of your arteries. It is recorded as two numbers—the systolic pressure (as the heart beats) over the diastolic pressure (as the heart relaxes between beats). Normal blood pressure is less than 130 mmHg systolic (millimeters of mercury) and less than 80 mmHg diastolic—or "120 over 80."

High blood pressure, or "hypertension" is blood pressure that's 140 over 90 mmHg or higher."

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It may be the “Silent Killer”—but you do get warning signs!

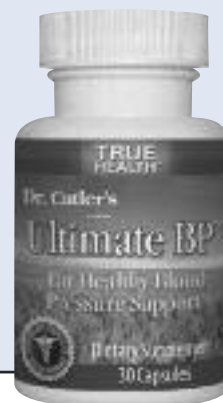
You may not think you have high blood pressure—but if you’re experiencing any of these early warning signs—get your blood pressure checked immediately:



- Morning headaches
- Dizziness
- Ringing in your ears
- Nosebleeds
- Depression
- Blurred vision
- Tension
- Flushing in your face
- Fainting

And if your blood pressure is more than 130 over 80 – this is your WAKE-UP call to ACT NOW!

Get Ultimate BP™ during this special, limited-time invitation—and see the difference it makes in your health!



Angiotensin II is notorious for constricting blood vessels. This can cause damage to the lining of your blood vessels as the blood tries to squeeze through. It can also make your arteries hard and stiff.

What’s more, this nasty enzyme can elevate your sodium levels—causing you to retain water—and raise your blood pressure.

But you can help stop production of Angiotensin II with Angiotensin-Converting Enzyme (ACE) inhibitors!

And when you inhibit this enzyme—you can help prevent your arteries from stiffening, tightening, and reducing blood flow.

The good news is: Research now shows an amazing superfruit contains natural ACE inhibiting properties. And guess what? This nutritional powerhouse may already be in your refrigerator!

It’s **Blueberries!** Surprised?

Most folks are. But clinical trials and research studies now prove a highly concentrated form of blueberries may just be the unsung heroes for promoting healthy blood



pressure. Take a look...

In one study printed in the *Journal of Medicinal Food*, researchers treated cells with ACE. Then they exposed the cells to two different concentrations of blueberry extract. The results?

The cells treated with the highest concentration of blueberry extract **inhibited ACE by a whopping 98%!** Can you believe that? 98%! But that’s not all...

Journal of the American College of Nutrition

USDA scientists discovered eating wild blueberries can help prevent oxidative stress. Remember, oxidative stress can trigger many serious health problems including hardening of the arteries and heart failure! Wild blueberries contain powerful antioxidants that combat free radical damage that causes oxidative stress!

Blueberries also contain polyphenols to fight inflammation that can weaken and even seriously damage your blood vessels—and lead to a serious heart or brain problem!

But James Joseph, Ph.D. from the USDA Human Nutrition Research Center on Aging

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5 more surprising causes of blood pressure problems

You probably know that your blood pressure can be high if you're overweight... suffer from blood sugar imbalances... or have kidney problems. But here are five more little-known causes of uncontrollable blood pressure:

- **Obstructive sleep apnea (OSA)**—this occurs when the muscles in your throat area relax too much while you sleep. This allows your tonsils and adenoids to collapse and block your upper airways during sleep—causing a drop in your oxygen intake. Common symptoms include snoring, gasping for air while asleep, and feeling drowsy during the day. According to the Sleep Resource Foundation, 83% of people with resistant hypertension also suffer from sleep apnea!
- **Aldosteronism**—occurs when your adrenal glands secrete too much of the hormone called aldosterone. This causes fluid retention, which raises your blood pressure. Your potassium levels often drop significantly when there is too much aldosterone in your body—and this can cause muscle spasms, overall weakness, and even temporary paralysis!
- **Over-the-counter painkillers**—including nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen (Motrin®, Advil®) and naproxen (Aleve®) all promote fluid retention!
- **Popular decongestants and even diet pills**—can narrow your blood vessels and raise blood pressure! What's more, amphetamines, stimulants, drugs taken for attention deficit disorders, and even oral contraceptives cause fluid retention and can escalate your blood pressure!
- **Salt**—this may not be a surprise to you—but most folks don't realize that salt creates a double whammy when it comes to your blood pressure. That's because in 15 percent of persons with high blood pressure, a high-sodium diet not only increases your blood pressure—but it can also wipe out the effects of many blood pressure drugs!

When it comes to maintaining healthy blood pressure—you can see why the odds are stacked against you. Fortunately, you can take control of your blood pressure and keep it in the normal range—without dangerous drugs—thanks to Ultimate BP™!

Call TOLL-FREE 1-800-746-4513 and get your NO-RISK introductory pack today during this special, limited-time offer!



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reported in the journal, *Nutritional Neuroscience* that polyphenols found in blueberries can improve brain function, enhance memory recall, and douse the flames of inflammation!

Promote healthy cholesterol too!

Scientists at the University of California at Davis report blueberries can also reduce the buildup of “bad” LDL cholesterol that contributes to cardiovascular problems.

Researchers with the U.S. Department of Agriculture reported results of an animal study showing blueberries were more effective in lowering cholesterol levels than the cholesterol medication, Ciprofibrate. Here's the proof...

All the hamsters in the study were fed a high-cholesterol diet. One group received blueberry skins and the other group received the drug. The results?

The drug group lowered their cholesterol levels by 17%. Not bad. But the blueberries group lowered their cholesterol levels by an astounding 37%! Much better—and safer!

Researchers attributed the cholesterol-lowering effect to a compound in blueberries called pterostilbene (pronounced: “terr-oh-still-bean”). This is an amazing compound that causes your liver cells to remove excess cholesterol.

Was this study a fluke?

Hardly!

In another study published in the *British Journal of Nutrition*, Canadian researchers supplemented the diet of pigs with about



“Stress would’ve normally been a problem!”

“I started Ultimate BP™ during some very stressful times. When I went to my doctor’s appointment for a follow up, he was surprised that my blood pressure was doing so good. He had been expecting it to be higher. Surprised him and me too! ”

—Eileene D., Orange City, FL

two cups of blueberries a day. The result?

The pigs’ LDL or “bad cholesterol” dropped 20%! That’s how powerful blueberries can be!

And since most of us don’t eat two... four... or even six cups of blueberries every day—you see why I include a potent form of wild blueberry extract as part of my three-step program for healthy blood pressure. It’s the final step to help you maintain healthy blood pressure—safely and naturally!

Now you can get my three-step program for healthy blood pressure in ONE easy-to-take capsule!

Once I saw how well my three-step plan for battling blood pressure helped my patients—I worked closely with True Health™—a cutting-edge nutritional health company—to create a formula that provides the essential nutrients to help you...

- Clear out unwanted calcium from your arteries!
- Keep your arteries, veins, and capillaries soft and supple!
- Help reduce blood vessel tightness and water retention—with a natural ACE inhibitor!

That’s why I formulated Ultimate BP™—available exclusively from True Health™!

Doctor-formulated and doctor-approved Ultimate BP™ delivers three-way support to combat the three leading causes of blood pressure problems. In every serving of Ultimate BP™, you get:

■ **Vitamin K2 as MK-7**—to help remove calcium from the walls and tissues of your arteries! Calcium deposits can turn your soft, supple, elastic arteries into rigid, lead pipes—waiting to burst. MK-7 functions as a “shuttle service”—moving calcium out of your arteries and delivering that calcium into your bones—where it’s needed! With MK-7 you get optimum cardiovascular support and maximum bone health too!

■ **Meganatural BP®**—a unique and exclusive grapeseed extract that’s clinically proven to help promote relaxed blood vessels. Its powerful vasodilating effect is why many medical experts call it

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Common causes of high blood pressure

- Alcohol
- Sodium-potassium imbalance
- Excess weight
- Heredity
- Poor nutrition
- Poor fitness
- Stress
- Insulin overload
- Type A personality traits



Maintain healthy blood pressure and lower your risk of:

- Heart and brain problems!
- Poor kidney function!
- Vision problems!
- Blood sugar imbalances!
- Weight gain and bloating!
- Sore, achy joints!
- Mood swings!

Ultimate BP™ contains a natural, TRIPLE-ACTING formula for healthy blood pressure! Try it for yourself completely RISK-FREE!

**Call TOLL-FREE
1-800-746-4513 today!**



“Nature’s calcium channel blocker!” Meganatural BP® works by enhancing the production of nitric oxide (NO)—a signaling molecule produced in your arteries to induce relaxation in the smooth muscles of your arteries. Relaxed arteries allow optimum blood flow without raising your blood pressure!

- **VitaBlue® Wild Blueberry Extract**—Nature’s amazing ACE inhibitor! This remarkable superfood helps **block the formation of Angiotensin II**—an amino acid peptide that constricts blood vessels and promotes water retention—a double whammy that often triggers unhealthy blood pressure!

**Blood pressure out of control?
Starting to worry about your
blood pressure?**

**Got a history of blood pressure
problems in your family?**

**Then you need to try
Ultimate BP™ PRONTO!**

**100% RISK-FREE during this
special, limited-time invitation!
(Plus you get nine FREE valuable gifts!)**

I don’t have to tell you that unhealthy blood pressure can be a serious problem. This “silent killer” can lead to serious heart and brain problems... blood sugar imbalances... out-of-control cholesterol... and kidney problems—just to name a few!

So knowing you have unhealthy blood pressure—or are at risk of developing high blood pressure—is a GOOD thing! Why? Because you can take action NOW to keep it in the normal range and maintain your precious health.

Nothing can help you reach this goal as safely and naturally as Ultimate BP™. That’s why I want you to see for yourself how this amazing formula can work wonders for your health.

And that’s why I’m doing everything in my power to get you a supply of Ultimate BP™ completely RISK-FREE!

I’m sure of this one thing: Once you try this doctor-formulated, doctor-approved nutrient, you’re going to keep using it to promote healthy blood pressure for many years to come.

So, True Health™ has agreed to offer you Ultimate BP™—during this limited-time offer—100% RISK-FREE.

That’s right. You risk nothing. If it doesn’t do the job for you—then you get every red cent back—no ifs, ands, or buts about it!

Packs MORE antioxidant punch than red wine!

The high fiber content and the ability to dissolve the “bad cholesterol” make blueberries an ideal nutrient to reduce your risk of cardiovascular problems. Take a look...

In a study published in the Journal of Agriculture and Food Chemistry, researchers found that 4 oz. of white wine contained .47 mmol of free radical absorbing antioxidants... red wine provided 2.04 mmol... but a wine made from highbush blueberries delivered a whopping 2.42 mmol of these protective compounds!

This is one reason why I searched diligently to find

VitaBlue® Wild Blueberry Extract:

ORAC

6,500

← Very high!

Anthocyanins

12%

← Potent level!

Kosher

Yes

GMO-Free

Yes

Color

Dark Blue

← More antioxidant support!

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What's more, during this special introductory offer...

You get:

**Ultimate BP™—
at the LOWEST PRICE
available ANYWHERE!**

For just 50 cents a serving, you can put my three-step program to work to keep your arteries clear from dangerous calcium plaque... boost nitric oxide production to keep your arteries soft and supple... and help avoid annoying and bothersome water retention—which can cause stubborn blood pressure problems!

It just doesn't get better than that, my friend! And this rock-bottom price is for a limited time only—so you have to ACT NOW!

But that's not all...

**You get up to four FREE
bottles of Ultimate BP™—
a \$119.80 value!**



You've got to manage your blood pressure each and every day—so you'll take Ultimate BP™ daily to help you reach your goal. That's why taking

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advantage of this special introductory offer right now makes even MORE sense!

During this limited-time invitation—you can get up to four FREE bottles of Ultimate BP™ to stock up or share with your family!

That's right—you get up to four months of blood pressure support—absolutely FREE!

What's more...

**During this special offer—
you also get three
special health reports—
ABSOLUTELY FREE! You get...**

Special health report #1: *Forbidden Secrets for Naturally Rejuvenating Your Heart: What Your Cardiologists Hope You Never Know!*—A \$19.95 Value—YOURS FREE!

Keeping these heart-saving secrets from you is downright criminal—but I'll blow the whistle—and tell you what most doctors are AFRAID to reveal! For example...



■ The sinister side of clot-dissolving drugs!

If you've got a prescription for popular blood thinners—or take over-the-counter aspirin—find out why you're holding a ticking time bomb in your hands! This *American Heart Journal* discovery is SHOCKING—to say the LEAST!

**Ultimate BP™
Contains No:**

- Artificial preservatives
- Coloring
- Flavors
- Salt
- Soy
- Corn
- Wheat
- Eggs
- Dairy
- Yeast
- Calories
- Gluten



“The more supple and elastic your arteries, the lower your blood pressure will be!”



■ Is there REALLY such a thing as “high octane fuel” for your tired heart? Surprising truths about this highly touted “heart saving nutrient!”

■ If you thought high cholesterol was a nightmare—wait until you discover its “evil twin!” The little-known truth about this heart stopper!

■ “Four letters” that can keep you OUT of the ICU! Safe, simple, and CHEAP—no wonder cardiologists are in a panic. They're scared you'll opt for this therapy instead of expensive bypass surgery!

■ And much, MUCH more heart-saving secrets REVEALED!

Special health report #2: *Dr. Cutler's Blood Pressure Handbook for Folks Over 50!*—A \$19.95 Value—YOURS FREE!

■ The surprising link between salt and high blood pressure! Why eliminating salt from your diet is NOT the answer!

■ Popular foods surprisingly loaded with hidden salt—and how to make your own easy, tasty, and salt-free version!

■ Are you suffering from “social drinking” high blood



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pressure? Easy to find out—and get your blood pressure back under control!

- **What's your perfect blood pressure reading?** It doesn't always have to be 120/80—find out why!
- **This 60-second “de-stressor”—can lower your blood pressure instantly!** Use it over and over again!
- **And much more!**

Special health report #3: *Natural Miracles That Help Control Cholesterol, Blood Pressure, and Blood Sugar!*—A \$19.95 Value—YOURS FREE!



If your blood pressure is high—you may be struggling with high blood sugar and cholesterol problems, too! Now you can get them all under control with the solutions you'll find in the special report, ***Natural Miracles to Help Control Cholesterol, Blood Pressure, and Blood Sugar!***—A \$19.95

Value—YOURS FREE!

Before you fill your prescription for a cholesterol-lowering drug—please take a moment and discover amazing alternatives that work from Nature's pharmacy!

Next page, please...

Is your weight causing your blood pressure to shoot through the roof?

Find out now...

Take your height over five feet in inches, multiply by five.

Add 110 if you're a woman or 120 if you're a man.

That's your weight goal to help keep your blood pressure in the normal range!

You can fudge the numbers about 5% to 7%.

If you achieve the weight described by this formula, you shouldn't have high blood pressure from being overweight.

Let's take an example:

Ralph is 5' 7"—that's 67 inches.

Seven times five is 35, add 120 and you get 155 pounds as Ralph's desired weight.

Now, if Marsha is 5' 7", her desired weight is 145.

Discover more ways to stay healthy and ward off many common health problems in your FREE special report, ***Dr. Cutler's Blood Pressure Handbook for Folks Over 50!*** Call TOLL-FREE 1-800-746-4513 today!



You need Ultimate BP™ if you...

- Have a family history of heart problems
- Currently have blood pressure concerns
- Experience daily stress
- Are overweight
- Smoke
- Suffer from anxiety
- Drink two or more glasses of alcohol a day
- Want an all natural way to reduce your risk of developing cardiovascular problems

Doctor formulated and doctor approved!

Frequently Asked Questions about Ultimate BP™

Q: What's so great about Ultimate BP™?

A: Ultimate BP™ is a unique doctor-formulated, doctor-approved, all-natural nutritional supplement to help men and women manage blood pressure. It contains powerful vitamin K2 as MK-7 to help remove calcium from your arteries (which can cause blockage) and redistributes the calcium to your bones for optimal bone health. Plus, this amazing formula helps maintain the elasticity of your arteries and manages healthy water retention. This three-prong approach is now scientifically proven to help you keep your blood pressure in the healthy range!

Q: Can I take Ultimate BP™ with other nutritional supplements?

A: YES! Ultimate BP™ can be taken safely with other nutritional supplements. It is also wise to check your current supplements to assess your total intake of vitamin K2 as MK-7, grapeseed extract, and wild blueberry extract.

Q: How will I know if Ultimate BP™ is working for me?

A: Ultimate BP™ starts to work fast to help move calcium out of your arteries and into your bones. It helps you regulate water retention and works daily to help keep your arteries soft and flexible. While everyone is different, you should notice benefits within a few weeks. However, remember that it's important to support your cardiovascular system every day, so make Ultimate BP™ part of your daily health routine!

Q: Are there any side effects I should know about?

A: No. Ultimate BP™ is all natural, safe, and comes with no adverse side effects. If you are not satisfied for any reason with Ultimate BP™, you may return it at any time for a complete 100% refund of your purchase price! It doesn't get any more "Risk Free" than that!



And if your blood pressure is still out of control—you'll be amazed at the remarkable FOODS that can lower it and keep it in the normal range!

But if you've got problems managing your blood sugar levels—well this special report is going to feel like a Godsend!

Why?

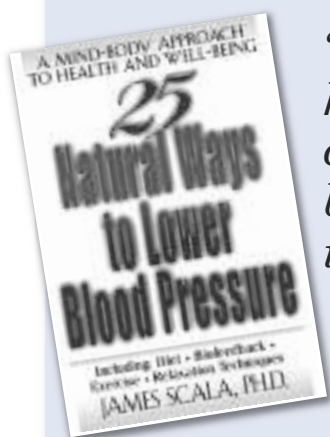
Because you'll uncover Nature's remarkable nutrients that help normalize blood sugar

levels... and even help you control your weight!

You'll get it all in this amazing report! Plus you'll uncover...

■ **What to do if your "sweet tooth" is out of control!** What you need to know to AVOID blood sugar problems!

■ **The amazing "all-in-one" cholesterol manager!** Lowers bad LDL... raises good HDL... and helps balance total cholesterol



“About 85% of all high blood pressure cases can be reversed by deliberate changes in diet and lifestyle.”

—James Scala, Ph.D.,
author of *25 Natural Ways to Lower Blood Pressure*

levels! And guess what? It's NOT a drug!

- **Nature's amazing “blood pressure herb!”** Opens blood vessels to increase heart's energy supply and stabilizes blood flow!
- **The shocking cause of most heart and brain problems!** If you think it's high cholesterol—think again!
- **Sip your way to lower cholesterol!** Far cheaper than cholesterol-lowering drugs... safer than Rx medicines... and great tasting too!
- **And much more!**

Special BONUS!

During this limited-time, special-introductory offer, True Health™ pays for shipping and handling on your order of six bottles or more!—A \$6.95 Value—YOURS FREE!

That's right, shipping and handling will cost you absolutely nothing! It's ABSOLUTELY FREE! Your order ships within 24 hours without any additional cost to you! But there's more...

When I hear from you within the next ten days—you also get...

Bonus: FAST RESPONSE GIFT! Getting and STAYING well has never been this easy—and

cheap! Don't miss out on our limited supply of the special report, **10 Simple Remedies for 100 Health Problems!**—A \$19.95 Value—YOURS FREE!

Imagine if your medicine cabinet contained just ten natural alternatives. And these alternatives could help put an end to **scores** of health problems. Well guess what?

You don't have to imagine it—these alternatives actually exist—and you'll get them all in your FREE copy of **10 Simple Remedies for 100 Health Problems!** For example:



Next page, please...

“It works for me!”



“I started taking Ultimate BP™ about 35 days ago along with my current blood pressure medicine. My blood pressure readings, while only using the med, was always in the area of 128/86 to 140/98.

“At my last appointment, my doctor wanted to increase my dosage.

“After taking my first bottle of Ultimate BP™, I went to the doctor. The nursing assistant took my blood pressure and it was 107/74.

“I was pleasantly surprised at the reading but I didn't believe it. So I asked my doctor to check it again.

“This time it was 110/80! I was thrilled! Ultimate BP™ is working for me!”

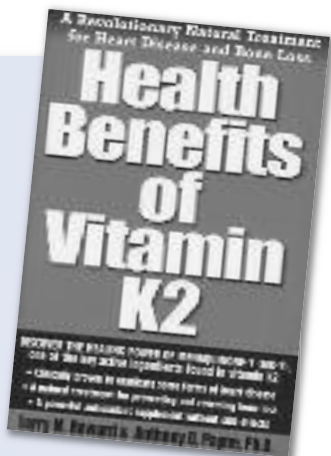
—Bobby L., Lithonia, GA

Individual results may vary. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

To Order, Call Toll-Free 1-800-746-4513

“...When it comes to addressing the reduction and even reversal of arterial calcification with natural products, vitamin K2—specifically MK-7—is gradually becoming accepted as one of the most effective players.”

—Larry M. Howard & Anthony G. Payne, Ph.D., authors of *Health Benefits of Vitamin K2*



- **The amazing nutrient that regulates your heart beat... helps you sleep soundly... and helps restore normal bowel function!** One nutrient does it all!
- **Nature's Energizer® Bunny!** This amazing supplement infuses energy to your entire body—and keeps you looking YOUNGER than the age on your driver's license!
- **Look 10 years younger!** This powerful nutrient patrols your body to eliminate damaged and dangerous cells—before they grow out of control! Get ready to celebrate your 100th birthday when you take this age-defying nutrient!

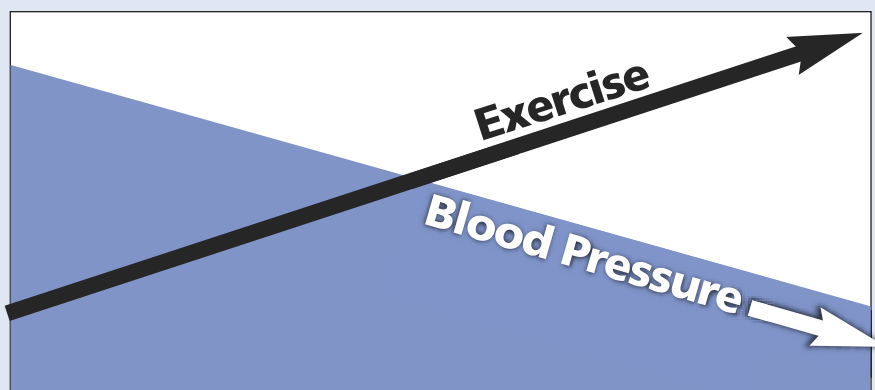
Want to lower your blood pressure in less than 24 hours?



Get moving!

Numerous studies show physical activity can drop your systolic (top number) by 4 mmHg and diastolic (bottom number) by 3 mmHg on average.

Try to get in at least 30 minutes of exercise each day. And remember, it doesn't have to be strenuous exercise—a brisk walk with your dog can work wonders to promote healthy blood pressure!



Individual results may vary. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

■ **Steel strap memory!** Your mind stays sharp as a tack—and you ward off age-related memory decline. Plus, you boost healthy circulation throughout your entire body... help prevent varicose veins... and invigorate your sex life with this multi-purpose health-saving nutrient!

■ **Plus:** The #1 nutrient everyone over 40 **MUST HAVE** in their medicine cabinet! It's a genuine lifesaver!

■ **And much more!**

100% No-Risk, Unconditional Lifetime Money-Back Guarantee of Satisfaction!

You will experience healthy blood pressure or Ultimate BP™ is FREE!

Simple enough?

When a product works as well as Ultimate BP™... and when research shows the ingredients in this doctor-formulated, doctor-approved nutritional supplement have been scientifically proven to help you promote healthy blood pressure levels...

...It's easy to offer the strongest guarantee possible.

That's precisely what True Health™ does. Here it is:

Give Ultimate BP™ a fair try. You will experience healthy systolic and diastolic blood pressure numbers to help protect your heart, brain, and your entire circulatory system!

Plus, you'll feel better than you have in years—and get your health back on track!

If you're not absolutely thrilled with your results, simply return the unused portion of your order and True Health™ will promptly refund 100% of your money.

And remember, you can use Ultimate BP™ for three months... six months... a full year or longer! It will help **keep your blood**

pressure in the healthy range—and help you keep those healthy numbers for many decades to come!

Please know this: Even if you decide to request a refund, all the free gifts you received with your first order are yours to keep without further cost or obligation!

That's my way of saying THANKS for giving Ultimate BP™ a fair try.

Isn't it time you put an end to your blood pressure worries once and for all?

My friend, there's a safe and natural way to promote healthy blood pressure—with Nature's

Next page, please...

Consumer Warning!

Read your label!

Several supplement companies have jumped on the vitamin K2 bandwagon and are looking to make a quick buck.

But when you read the labels on their products, it will most likely say, "Contains Vitamin K2 **with** MK-7". Be careful. This is very misleading. All vitamin K2 has MK-1 through MK-13. The label needs to **reveal exactly how much of MK-7 is in their formula**. Most don't disclose that information because their product contains just a tiny amount of this essential nutrient.

Ultimate BP™ gives you a whopping 45 mcg of PURE MK-7 for optimum vascular health! You can be sure you're getting the REAL McCoy with Ultimate BP™! **Call TOLL-FREE 1-800-746-4513 today to get your introductory trial pack!**



pharmacy—and it's called Ultimate BP™!

You can remove calcium from your arteries... keep your veins soft and supple... and help regulate water retention by just taking one capsule of Ultimate BP™ each day!

Yes, it's really THAT simple!

And for pennies per capsule, Ultimate BP™ may just be the best bargain around!

Please remember—you have absolutely nothing to lose by accepting this generous 100% RISK-FREE offer from True Health™.

More than that: You must see for yourself healthy systolic AND diastolic numbers—or you PAY NOTHING!

I urge you: Accept this remarkable offer. **Call TOLL-FREE 1-800-746-4513** now, and True Health™ will rush Ultimate BP™ and your FREE gifts to you.

Or if you prefer, just turn to page 19 of this special report and use the handy order form. Either way, you're making the best decision you can today to get your blood pressure under

control and start LIVING again!

Yours for decades of vibrant health!



Michael Cutler, M.D.

P.S. Getting Ultimate BP™ during this special introductory offer is one way to save money. Now, here's another way to squeeze a penny until it squeals—and get even more BANG for your BUCK:

Take advantage of the 12-month offer and get Ultimate BP™ for the LOWEST PRICE per bottle available! Plus, you'll receive all four healing reports—worth \$79.80—absolutely FREE! Plus...

...You're completely protected by the 100% Unconditional Lifetime Money-Back Satisfaction Guarantee! So stock up now and save a bundle! Call TOLL-FREE 1-800-746-4513 right now to get your introductory pack and your FREE gifts!

Freshness & Quality Certification

Every serving of Ultimate BP™ contains optimum levels of Vitamin K2 as MK-7 to remove calcium from your arteries and distribute it to your bones... grapeseed extract—to trigger the production of nitric oxide that naturally signals your arteries to relax for optimum blood flow... and wild blueberry extract to help keep blood vessels open and regulate water retention.

True Health™ nutritional supplements are manufactured in the USA under strict compliance with Good Manufacturing Practices.

Our unique processing ensures our supplements are free of any impurities and maintains the nutrients in optimum freshness condition. You can feel free to order several bottles of Ultimate BP™ to save money. The special processing is designed to give you a quality supplement without ever sacrificing freshness or effectiveness.

Ultimate BP™
Quality Control Team

Experience healthy blood pressure naturally—and Claim up to \$326.55 in Discounts and FREE Gifts Today!



Plus! →



✓ 4 additional bottles of Ultimate BP™ absolutely FREE—a \$119.80 value!

3 FREE reports:

- #1** *Forbidden Secrets for Naturally Rejuvenating Your Heart: What Your Cardiologists Hope You Never Know!*
- #2** *Dr. Cutler's Blood Pressure Handbook for Folks Over 50!*
- #3** *Natural Miracles That Help Control Cholesterol, Blood Pressure, and Blood Sugar!*

PLUS! Free shipping & handling—valued at \$6.95—yours FREE!

Early Bird Gift!

Respond within ten days and get a 4th healing report—FREE!

- #4** *10 Simple Remedies for 100 Health Problems!*

You WILL experience healthy blood pressure! No ifs, ands, or buts about it!

My 100%, No Bull Unconditional Lifetime Money-Back Guarantee of Satisfaction



The three powerful nutrients in Ultimate BP™ are scientifically proven to help:

■ **Remove calcium from your arteries**—and move it into your bones—where it belongs!

■ **Relax your arteries and veins**—for optimum blood flow!

■ **Regulate water retention**—which can trigger blood pressure problems!

In other words—this is a bona fide, all natural, safe blood pressure-regulating formula!

Here's my promise to you: Give Ultimate BP™ a fair try. Take it for three months... six months... even a year or more!

If your blood pressure numbers aren't healthy after using this amazing doctor-formulated,

doctor-approved, nutritional supplement for a reasonable amount of time—simply return it—even if you're down to your LAST capsule. You'll get a FULL refund of your entire purchase price. No ifs... ands... or buts about it!

And you can keep all the FREE gifts you received as a thank you for giving Ultimate BP™ a try!

Fair enough?

Just call **TOLL-FREE 1-800-746-4513** right now and we'll rush you your introductory pack of Ultimate BP™.

Thank you.

Michael Cutler, M.D.
Medical Advisor, True Health™



Three Easy Ways to Order!

By Phone:

Save time and get your introductory starter pack and all your FREE gifts faster! Just dial TOLL-FREE **1-800-746-4513**. Customer service assistance is available 24 hours a day, seven days a week! Please have your credit card handy.



By Mail:

Just fill out the order form to the right and mail it back in the enclosed postage-paid envelope to:

True Health™
P.O. Box 3703
Hueytown, AL 35023.

By FAX:

Fill out the order form to the right and fax BOTH sides to 1-800-941-7027. Our fax never sleeps—available, 24 hours a day!



**Save Time! Call TOLL-FREE
1-800-746-4513**

**If phone
lines are busy—
please keep
calling!**

Ultimate BP™ Gift Reservation Certificate

\$326.55 in Discounts and FREE Gifts ■ 100% Risk-FREE ■ Free Shipping & Handling!



☒ **YES!** I want a **NATURAL** and **SAFE** solution to give me healthy blood pressure! Rush me my order of Ultimate BP™! I know that I am fully protected by your 100% Unconditional Lifetime Money-Back Satisfaction Guarantee. If my blood pressure numbers don't improve, I can cancel and receive a full refund at any time! All the FREE gifts are mine to keep—no matter what I decide! Please accept my order as follows:

Recommended!

☐ **BEST VALUE: I SAVE \$326.55 in Discounts and FREE Gifts!**

12-month supply of Ultimate BP™ for only \$239.40.

(I save \$120 off the regular price!) Plus, I also receive:

- ✓ 4 additional bottles of Ultimate BP™ absolutely FREE—a \$119.80 value!
- ✓ All 4 FREE healing reports (includes early bird special report)—valued at \$79.80! FREE! (See page 17)
- ✓ Free shipping & handling—valued at \$6.95!

That's a whopping savings of \$326.55 with this BEST VALUE offer!



☐ **GREAT VALUE: I SAVE \$156.70 in Discounts and FREE Gifts!**

6-month supply of Ultimate BP™ for only \$149.70.

(I save \$30 off the regular price!) Plus, I also receive:

- ✓ 2 additional bottles of Ultimate BP™ absolutely FREE—a \$59.90 value!
- ✓ FREE healing reports #1 & #2 (plus early bird special report)—valued at \$59.85! (See page 17)
- ✓ Free shipping & handling—valued at \$6.95!

That's a savings of \$156.70 with this GREAT VALUE offer!



☐ **GOOD VALUE: I SAVE \$69.85 in Discounts and FREE Gifts!**

3-month supply of Ultimate BP™ for only \$89.85 plus \$6.95 Shipping & Handling.

Plus, I also receive:

- ✓ One additional bottle of Ultimate BP™ absolutely FREE—a \$29.95 value!
- ✓ FREE healing report #1 (plus early bird report) A \$39.90 value—FREE!

That's a savings of \$69.85 with this GOOD VALUE offer!

☐ **TRIAL OFFER:**

One-month supply of Ultimate BP™ for only \$29.95 plus \$6.95 Shipping & Handling.

☐ Enclosed is my check or money order for \$_____ (Please make check payable to True Health™. Alabama residents please add 4% sales tax.)

☐ Please bill my: ☐  ☐  ☐  ☐ 

Card#: _____ Exp. Date: ____/____/____

Signature: _____

Phone: (____) _____ (In case we have questions about your order)

Yes! Please e-mail me updated research and recommendations, new health discoveries, and special savings opportunities. My e-mail address will never be sold or rented. I understand I may unsubscribe from these updates at any time.

E-mail address: _____

There's no need to write your name and address. Please check the back cover to make sure your address is correct. If not, please make any necessary corrections.

Clip and mail this completed certificate to:
True Health™ • P.O. Box 3703 • Hueytown, AL 35023

☐ **Yes, I am responding within 10 days!** Please include my FREE early bird gift with my order: **10 Simple Remedies for 100 Health Problems!**



THANK YOU.

Your Order Will Be Shipped Within ONE BUSINESS DAY!



SPECIAL BLOOD PRESSURE BULLETIN

Blood pressure out of control?

Starting to worry about your blood pressure?

Got a history of blood pressure problems in your family?

Then this special issue is for you.

Break the tabs and
read immediately! 