



**“From 179/90
to 138/80!”**

—Hazel H., Stonington, CT

**“Struggled for
half my
life but
finally
got my blood
pressure under
control!”**



—Don K., Murphy, NC

**“Dropped
50 points!
Very satisfied!”**



—John T., Willis, TX

**“Natural way
to healthy blood
pressure”**

—Viola S., Greenwood, MS



**“At 210/120,
I avoided a
heath disaster!”**



—Carol D., Sante Fe, NM

What did it?

**Remarkable, all-natural
blood pressure formula GUARANTEED
to work for you—or it's FREE!**

Health News

Summer 2011 Issue / \$6.95

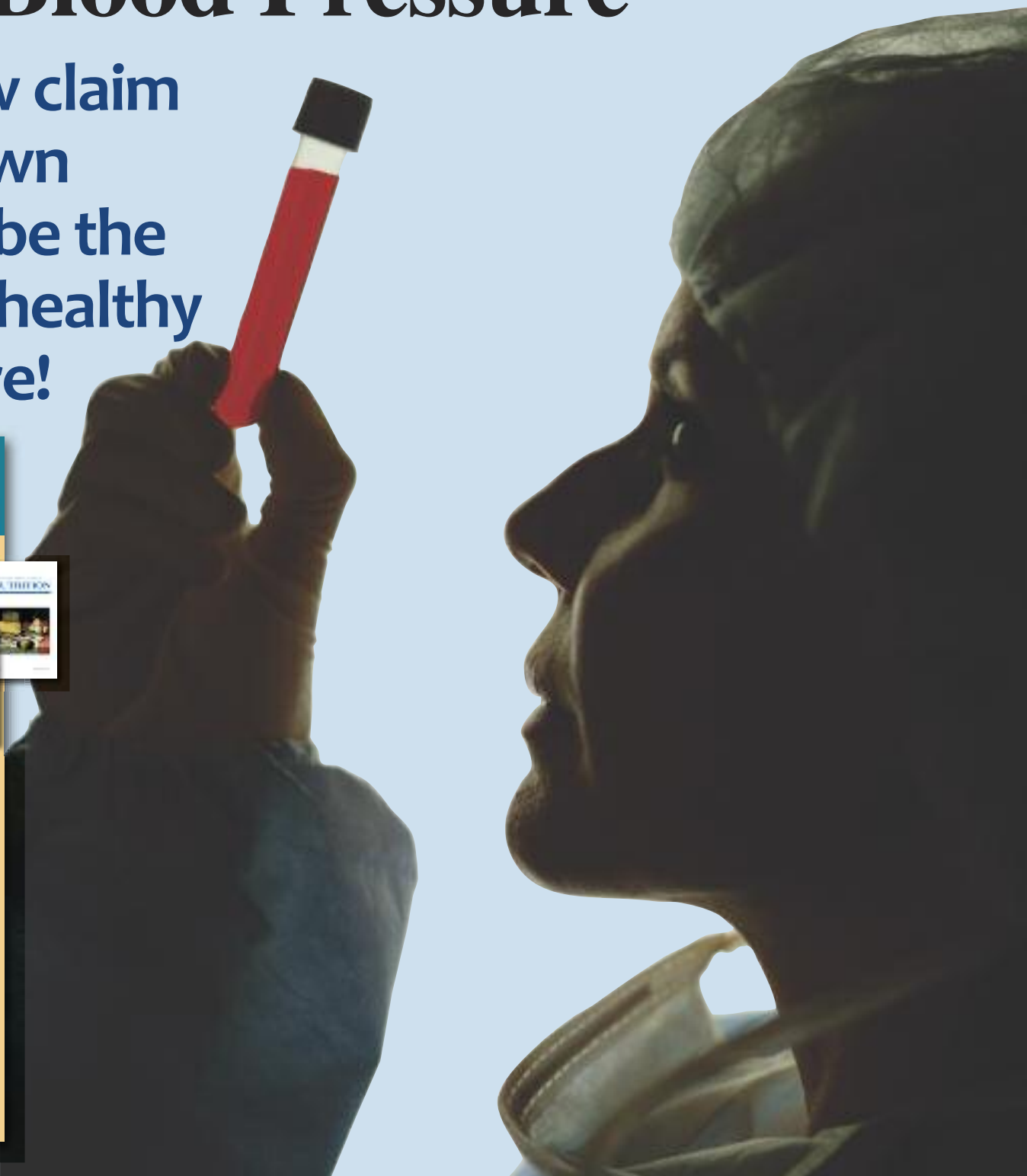
SPECIAL BLOOD PRESSURE ISSUE

The *New Breakthrough* for Healthy Blood Pressure

Scientists now claim this little-known nutrient may be the real secret to healthy blood pressure!

Medical and scientific proof inside!

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



Guaranteed to work or it's FREE!

BLOOD PRESSURE SHOCKER!



**Surprising reason why your
blood pressure won't go down—
no matter what you do.**

Medical and scientific proof inside!

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- And much more!

**Find out what most doctors don't want you to know about
out-of-control blood pressure—INSIDE this special issue!**

Blood Pressure

Surprising reason why your blood pressure won't

Dear friend,

Fed up with trying to lower your blood pressure with diet and exercise—and getting nowhere?

Sick and tired of taking 1... 2... 3 or more blood pressure medicines—all loaded with dangerous side effects?

Get the feeling that something's

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

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- *Nutritional Neuroscience*
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- U.S. Department of Agriculture (USDA)
- *British Journal of Nutrition*
- *Journal of Agriculture and Food Chemistry*



going on inside your body that doctors just can't figure out?

If so, what you're about to discover will have you yelling at the roof tops, "I KNEW IT!"

You see, researchers have now found that a whopping 30% of the 74.5 million Americans struggling with their blood pressure suffer from a little-known health robber called "Resistant Blood Pressure (RBP)". In other words...

...22.35 million folks—possibly including you—continue to have blood pressure problems even though they:



- **Exercise at least 3 times a week!**
- **Stick to a healthy diet—and eliminate caffeine, sugars and junk foods!**
- **And take three or more medicines—including water pills!**

If that sounds like you or a loved one, then this special issue may have just come in the nick of time!

My name is Layne Lowery, president of Health Resources—America's Premier source for nutritional supplements and natural healing.

I want to tell you about some



"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 120 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."

cutting edge research that just may be the discovery you need to get your blood pressure under control—and help it stay in the normal range for decades to come!

And this amazing discovery **WORKS**—even if you've been struggling with your blood pressure problems for years. Right now, you're about to uncover...

3 simple steps for a lifetime of healthy blood pressure. Research shows it works even when others fail!

New scientific research has uncovered the most successful way to

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 health care professional for your specific health concerns.

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.

SHOCKER!

go down—no matter what you do!

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:

STEP #1:

Get rid of calcium plaque in 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 this amazing 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.

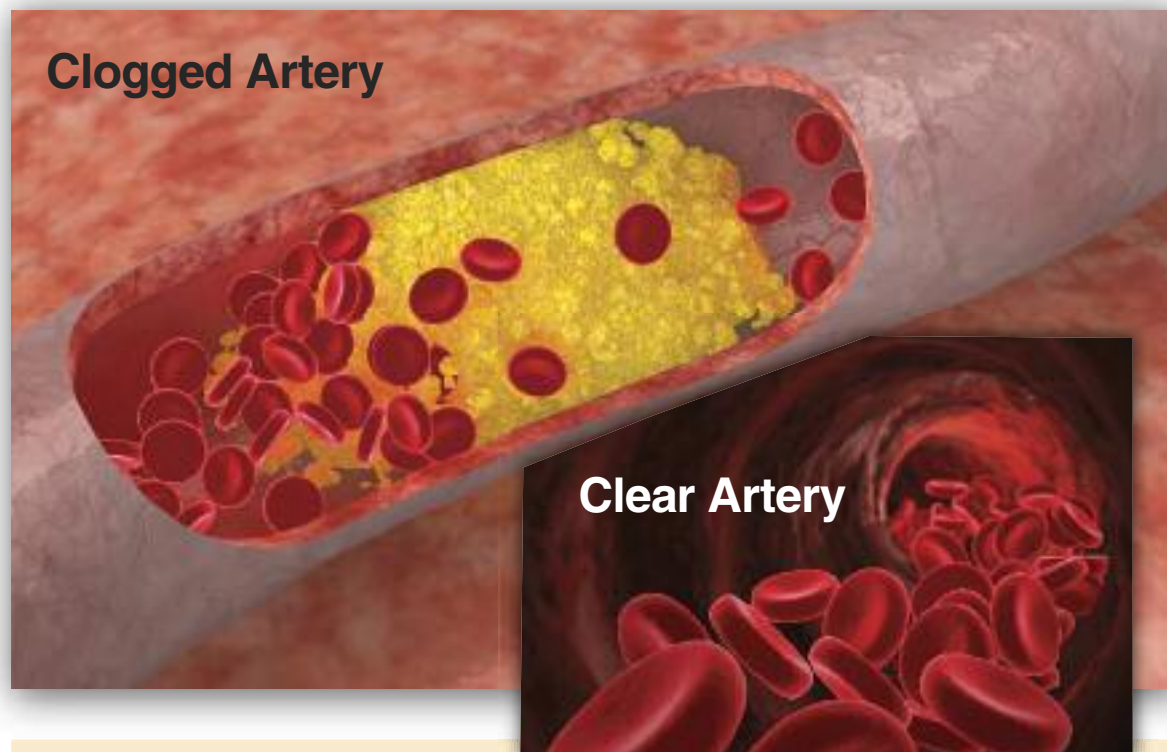
In fact, vitamin K2 acts like a shuttle bus service. It moves unwanted calcium out of your arteries and delivers that calcium to your bones—where it's needed for bone health! Numerous studies show the amazing power of vitamin K2. For example...

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

(continued on next page...)



Beware of vitamin K2 knockoffs!

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.

Advanced BP Solution™ gives you a whopping 45 mcg of PURE MK-7 for optimum vascular health! You can be sure you're getting the REAL McKoy with *Advanced BP Solution™*! Call TOLL-FREE 1-800-471-4007 today to get your introductory trial pack!

Consumer warning!



patients confirmed the original findings: **The more vitamin K2 in your body, the healthier your arteries!**

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!

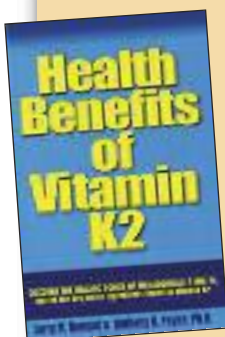
You need the bioavailable and highly active long chain MK-7 to constantly help remove calcium from your arteries to keep blood vessels wide open for healthy blood

flow and normal blood pressure!

MK-7 has been shown in numerous studies to actually extract calcium from your 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...



"...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*

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STEP #2:

Keep arteries relaxed for optimum blood pressure levels!

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.

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...

(continued on next page...)

Bet you didn't know these could be giving you high blood pressure...

You probably know that your blood pressure can be high if you're overweight... suffer from blood sugar imbalances... or have kidney problems. But you may not know about these 5 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 including 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 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 *Advanced BP Solution™*!

**Call TOLL-FREE 1-800-471-4007
and get your NO-RISK
introductory pack today during
this special, limited-time offer!**



► In a study presented at the FASEB 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! [source: source kit, Dr. Meletis article]

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!

Maintain healthy blood pressure and lower your risk of:

- Heart and brain problems!
- Poor kidney function!
- Blood sugar imbalances!
- Weight gain and bloating!



- Vision problems!
- Sore, achy joints!
- Mood swings!

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

**Call TOLL-FREE
1-800-471-4007 today!**



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

Is your weight causing 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.

For 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, **Blood Pressure 101: A Life-Saving Manual for Folks Over 40!** Call TOLL-FREE 1-800-471-4007 today!



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 120 over 80—this is your WAKE-UP call to ACT NOW!

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



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:

Control water retention and blood vessel constriction! Research shows this amazing nutrient is 98% effective!

Scientists know the enzyme called

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

(continued on next page...)

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 cause 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!

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

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 *Advanced BP Solution™* only contains the top notch, potent form of blueberry extract called VitaBlue® wild blueberry extract.

Vitablue® delivers a powerful antioxidant concentration of anthocyanins and polyphenols to



protect you from damaging effects of free-radical damage and safeguard your circulatory system. In fact, one gram of VitaBlue® wild blueberry extract contains a whopping 6,500 ORAC units! That's MEGA antioxidant protection — and you get 150 mg in every capsule of *Advanced BP Solution™*!

VitaBlue® Wild Blueberry Extract:		
ORAC	6,500	Very high!
Anthocyanins	12%	Potent level!
Kosher	Yes	
GMO-Free	Yes	
Color	Dark Blue	More antioxidant protection!

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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?

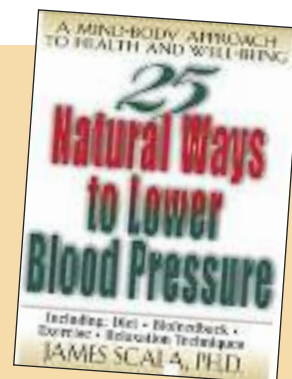
Hardly!

▶ In another study published in the *British Journal of Nutrition*, Canadian



“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



researchers supplemented the diet of pigs with about 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 a potent form of wild blueberry extract has to be included in this 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 this amazing three-step program for healthy blood pressure in ONE easy-to-take capsule!

Once I saw the research on how well this three-step plan for battling blood pressure helped folks — I just knew my company *Health Resources™* had to make this amazing formula available to our valued customers.

So now, you too can tap into an all natural way to... Health Resources

● **Clear out unwanted calcium from your arteries!**

(continued on page 11...)



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!

Blood pressure going down...

Down...

DOWN!

Woo hoo!

It happened to these folks — so why not YOU?



“Results so good— I had to check it TWICE!”

“I started taking Advanced BP Solution™ about 35 days ago along with my current blood pressure medicine. My blood pressure readings while only using the meds 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 Advanced BP Solution™, 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! Advanced BP Solution™ is working for me!”

—Bobby L., Lithonia, GA

“A history of blood pressure problems— now a thing of the past!”

“I am 89 years old and an avid cyclist with long time blood pressure concerns. With Advanced BP Solution™, I had 120/80 at the doctors! They complimented me.

Per picture, “I have gone 18,000 miles on the trike in 4.5 years.”

—Robert M., Lancaster, PA



“BP stayed low— even under stress!”



“I started Advanced BP Solution™ 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

“Incredible results in 12 days!”

“My BP is remarkably low and consistent every day. My son is now taking Advanced BP Solution™. He is excited about what he has seen in just about 12 days of use. I am getting ready to enter another order before this trial period ends. Thank you in advance.”



—Luba D., Mesa, AZ

“Patience pays off!”

“I have found that if you are patient enough to take at least 2 bottles of Advanced BP Solution™ before expecting results, you are well rewarded! I will be a supporter forever. Thank you. I stay in the normal range now! Absolutely, no medications!”



—Elizabeth F., Ormond Beach, FL

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“Normal blood pressure —and sleeping better too!”

“I am enjoying my first bottle of *Advanced BP Solution™* and my blood pressure is going to a more normal reading of 140/80, sometimes even lower. I sleep better, longer and am more rested for the day. I enjoyed reading about the natural nutrients and how they help your blood pressure and cholesterol maintain safe levels. You are doing great!”

—Joyce K., Jefferson City, MO

“No side effects!”

“No side effects like I’ve had with prescription drugs. My blood pressure stays normal.”

—Frank G., Mentor, OH



“More energy and less anxiety!”

“I got *Advanced BP Solution™* for my daughter (age 60). She began taking it and within 3 days her blood pressure went from 178/90 to 134/78. It is now regularly between 120/76 and 128/82. She is thrilled with the results and says she seems to have more energy and less anxiety feelings. She is ready to order more *Advanced BP Solution™*. Thanks.”

—Marian W., Norman, OK

Individual results may vary.

Advanced BP Solution™ is also sold under the name *Ultimate BP™*

“74 but feel 40 again!”

“I have had high blood pressure 170/110 for the past 8 years. I have used 5 different Rx BP Meds over this time, with varying but not adequate results. I have been taking *Advanced BP Solution™* for the last 2 months with great results. My BP is 128/79, an average for the past month. I just turned 74 and feel 40 again.”

—Joseph F., Cobbtown, GA



“Thank you!”

“I was able to stop taking a medicine which made me dizzy, thickened my tongue and dried my throat. Thank you!”

—Eleanor F., Blue Lake, CA



“Dizziness is GONE!”

“I think *Advanced BP Solution™* is wonderful. I had high blood pressure that was making me feel dizzy and feeling like my head was light. I’ve been taking your product and don’t have problems anymore.”

—Sandra S., Keizer, OR

“E-Z to take!”

“This is an excellent formula. I have taken the individual ingredients separately at one time or another, but *Advanced BP Solution™* combines them into one affordable formula. Thank you.”

—Victoria M., Vancouver, WA

(continued from page 9...)

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

This amazing formula is called *Advanced BP Solution™*—available exclusively from *Health Resources™*!

Advanced BP Solution™ delivers three-way support to combat the three leading causes of blood pressure problems. In every serving of *Advanced BP Solution™*, you get:

■ **Vitamin K2 as MK-7—**

to 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 protection and maximum bone health too!



■ **Meganatural BP®**—an 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 “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

(continued on next page...)

Call TOLL-FREE 1-800-471-4007 right now to claim your introductory pack of *Advanced BP Solution™*—and up to XX FREE GIFTS during this limited time offer!

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 *Advanced BP Solution™* PRONTO!

100% RISK-FREE during this special, limited-time invitation!

(Plus you get 9 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

So knowing you have unhealthy blood pressure — or 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.

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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
- ✓ Stress



unhealthy blood pressure—or 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 better and safer than *Advanced BP Solution™*. 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 *Advanced BP Solution™* completely RISK-FREE!

I’m sure of this one thing: Once you try this remarkable, all-natural formula, you’re going to keep using it to promote healthy blood pressure for many years to come.

So, my company, *Health Resources™* is offering you *Advanced BP Solution™*—during this limited-time offer—100% RISK-FREE!

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

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

You get:



Advanced BP Solution™ —at the LOWEST PRICE available ANYWHERE!

For just xx cents a serving, you can put this three-step program 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 4 FREE bottles of Advanced BP Solution™—a \$119.80 value!

You've got to manage your blood pressure each and every day—so you'll take *Advanced BP Solution™* daily to help you reach your goal. That's why taking 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 *Advanced BP Solution™* 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 3 special
health reports—
ABSOLUTELY FREE! You get...**

SPECIAL HEALTH REPORT #1:

*Heart-Saving Secrets Your
Cardiologist Will NEVER Tell
You About!—A \$19.95
Value—YOURS FREE!*

Keeping these heart-healthy secrets from you is downright criminal—but in this amazing exposé—you'll discover 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! *American Heart Journal* discovery is



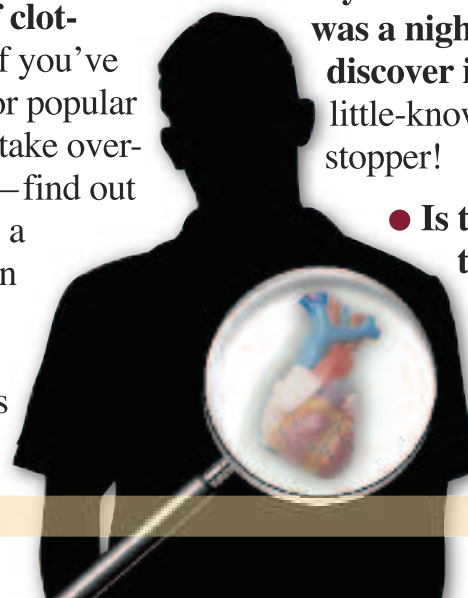
FREE!



SHOCKING—to say the LEAST!

- **“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!
- **If you thought high cholesterol was a nightmare—wait until you discover its “evil twin!”** The little-known truth about this heart stopper!
- **Is there REALLY such a thing as “high octane fuel” for your tired heart?** Surprising truths about this highly

(continued on next page...)



touted “heart saving nutrient!”

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

SPECIAL HEALTH REPORT #2:

Blood Pressure 101: A Life-Saving Manual for Folks Over 40!—A \$19.95 Value—YOURS FREE!

Your blood pressure is too important NOT to know how to properly manage it for healthy living. In this brand new release—you’ll discover...



- What’s your perfect blood pressure reading? It doesn’t always have to be 120/80—find out why!
- The surprising link between salt



and high blood pressure! Why eliminating salt from your diet is NOT the answer!

- This 60-second “de-stressor”—can lower your blood pressure instantly! Use it over and over again!
- 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 pressure? Easy to find out—and get your blood pressure back under control!

- And much more!

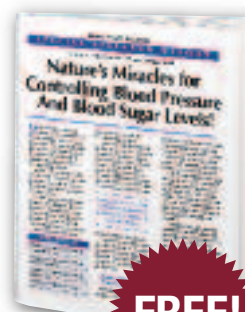
SPECIAL HEALTH REPORT #3:

Nature’s Remedies for Healthy Cholesterol, Blood Pressure and Blood Sugar Levels!

—A \$19.95 Value—YOURS FREE!

Slightly different title

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



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 boost insulin production... normalize blood sugar levels... and even help you control your weight!

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

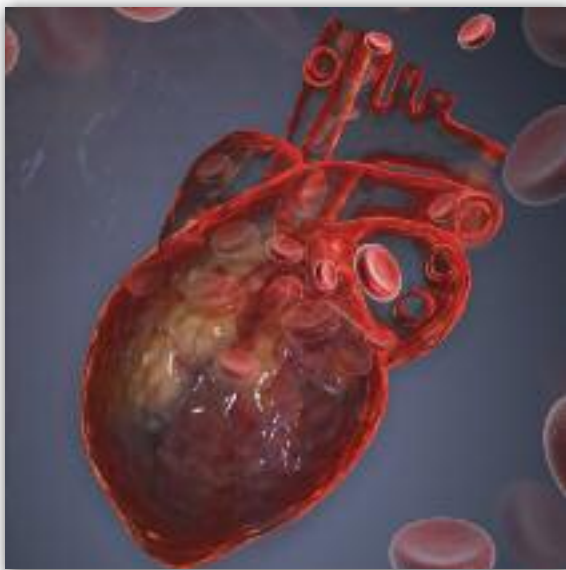
- The amazing “all-in-one” **cholesterol manager!** Lowers bad LDL... raises good HDL... and helps balance total cholesterol levels! And guess what? It’s NOT a drug!
- Nature’s amazing “high blood pressure herb!” Opens blood vessels to increase heart’s energy supply and stabilizes blood flow!
- The shocking cause of most

You need *Advanced BP Solution™* 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



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.



heart and brain attacks! 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!
- **What to do if your “sweet tooth” is out of control!** What you need to know to PREVENT blood sugar problems!
- **And much more!**

SPECIAL BONUS!

During this limited-time, special-introductory offer, Health Resources™ 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...

(continued on next page...)



Frequently Asked Questions about Advanced BP Solution™

Q. What's so great about Advanced BP Solution™?

A. *Advanced BP Solution™* is a unique, 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 Advanced BP Solution™ with other nutritional supplements?

A. YES! *Advanced BP Solution™* 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 Advanced BP Solution™ is working for me?

A. *Advanced BP Solution™* 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 protect and support your cardiovascular system every day, so make *Advanced BP Solution™* part of your daily health routine!

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

A. No. *Advanced BP Solution™* is all natural, safe, and comes with no adverse side effects. If you are not satisfied for any reason with *Advanced BP Solution™*, 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!

When I hear from you within the next 10 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, 7 (or more) *Simple Remedies for Common Health Problems!*—A \$19.95 Value—YOURS FREE!

Imagine if your medicine cabinet contained just 7 or so natural remedies. And these remedies could help put an end to **scores** of health problems. Well guess what?

You don't have to imagine it—these remedies actually exist—and you'll get them all in your FREE copy



of 7 (or more) *Simple Remedies for Common Health Problems!* For example:

- **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!
- **The amazing nutrient that regulates your heart beat...helps you sleep soundly...and helps restore normal bowel function!** One nutrient does it all!
- **Look 10...even 20 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!
- **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:

Healthy blood pressure every day or *Advanced BP Solution™* is FREE!

Simple enough?

When a product works as well as *Advanced BP Solution™*... and when research shows the ingredients in this amazing, all-natural, breakthrough formula 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 Health Resources™ does. Here it is:

Give *Advanced BP Solution™* 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 Health Resources™ will promptly refund 100% of your money.

And remember, you can use *Advanced BP Solution™* 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**

***Advanced BP Solution™* contains...**

NO Artificial preservatives
NO Coloring
NO Flavors
NO Salt
NO Soy
NO Corn



NO Wheat
NO Eggs
NO Dairy
NO Yeast
NO Calories
NO Gluten

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.

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 *Advanced BP Solution*™ a fair try.

Are you ready to make blood pressure worries a thing of the PAST?

My friend, there's a safe and natural way to promote healthy blood pressure—with Nature's pharmacy—and it's called *Advanced BP Solution*™!

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

Yes, it's really THAT simple!

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

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

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 1-800-471-4007** now, and Health Resources™ will rush *Advanced BP Solution*™ 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 get your blood pressure under

Freshness & Quality Certification

Every serving of *Advanced BP Solution*™ 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.

Health Resources™ 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 *Advanced BP Solution*™ to save money. The special processing is designed to give you a quality supplement without ever sacrificing freshness or effectiveness.

—*Advanced BP Solution*™ Quality Control Team



control and start LIVING again!

Yours for decades of vibrant health!


Layne Lowery, President
Health Resources™

P.S. Getting *Advanced BP Solution*™ during this special introductory discount rate is one way to save money. Now, here's another way to get even more BANG for your BUCK:

Take advantage of the 12-month offer and get *Advanced BP Solution*™ 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 my 100% Unconditional Lifetime Money-Back Satisfaction Guarantee! So stock up now and save a bundle! Call TOLL-FREE 1-800-471-4007 right now to get your introductory pack and your FREE gifts!

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



- 4 additional bottles of *Advanced BP Solution™* absolutely FREE — a \$119.80 value!

- 3 FREE reports!

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

EARLY BIRD GIFT!

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



**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 *Advanced BP Solution™* 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 Advanced BP Solution™* 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, all-natural formula 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 if's... and's... or but's about it!

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

Fair enough?

Thank you.

Layne Lowery
President, Health Resources™



Advanced BP Solution™

GIFT RESERVATION CERTIFICATE

\$326.25 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 *Advanced BP Solution*™! 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 *Advanced BP Solution*™ for only **\$239.40** (I save \$120 off the regular price!) Plus, I also receive:
- ✓ 4 additional bottles of *Advanced BP Solution*™ absolutely FREE — a \$119.780 value!
 - ✓ All 4 FREE healing reports (including early bird special report) — valued at \$79.80!
 - **FREE healing report #1:** *Heart-Saving Secrets Your Cardiologist Will NEVER Tell You About!*
 - **FREE healing report #2:** *Blood Pressure 101: A Life-Saving Manual for Folks Over 40!*
 - **FREE healing report #3:** *Nature's Remedies for Healthy Cholesterol, Blood Pressure and Blood Sugar Levels!*
 - **Early Bird special report:** 7 (or more) *Simple Remedies for Common Health Problems!*
 - ✓ 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 *Advanced BP Solution*™ for only **\$149.70**. (I save \$30 off the regular price!) Plus, I also receive:
- ✓ 2 additional bottles of *Advanced BP Solution*™ absolutely FREE — a \$59.90 value!
 - ✓ FREE healing reports #1 & #2 (plus early bird special report) — valued at \$59.85!
 - ✓ Free shipping & handling — valued at \$6.95!

That's a savings of \$156.79 with this GREAT VALUE offer!

- ☐ **GOOD VALUE: I SAVE \$69.85 In Discounts and FREE gifts!** 3-month supply of *Advanced BP Solution*™ for only **\$89.85, plus \$6.95** shipping and handling. Plus, I also receive:
- ✓ One additional bottle of *Advanced BP Solution*™ absolutely FREE — a \$29.95 value!
 - ✓ FREE healing report #1 (plus early bird special report) — a \$39.90 value—FREE!

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

- ☐ **TRIAL OFFER:** One-month supply of *Advanced BP Solution*™ for only **\$29.95, plus \$6.95** shipping and handling.

- ☐ **Yes, I am responding within ten days! Please include** my FREE early bird gift with my order: 7 (or more) *Simple Remedies for Common Health Problems!*

I wish to pay as follows:

- ☐ Enclosed is a check for \$_____ (payable to Health Resources™, AL residents please add 4% sales tax.)

- ☐ I prefer to use my: ☐ VISA ☐ MC ☐ Discover ☐ AMEX

Card #: _____ Exp: ____/____/____

Signature: _____

Phone: (____) _____ (in case we have a question 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. Thank you.

4 Easy Ways to Order!

1 By Phone:

Save time and get your introductory starter pack and all your FREE gifts faster!

Just dial Toll-FREE 1-800-471-4007.

Customer service assistance is available 24 hours a day, seven days a week! Please have your credit card handy.

If phone lines are busy, please keep calling!



2 By Mail:

Just fill out the order form to the right and mail it back in the enclosed postage-paid envelope to: Health Resources™, P.O. Box 3623, Hueytown, AL 35023



3 By FAX:

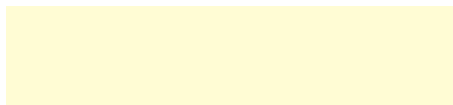
Fill out the order form to the right and fax BOTH sides to 1-800-941-7027. Our fax never sleeps — available, 24 hours a day!



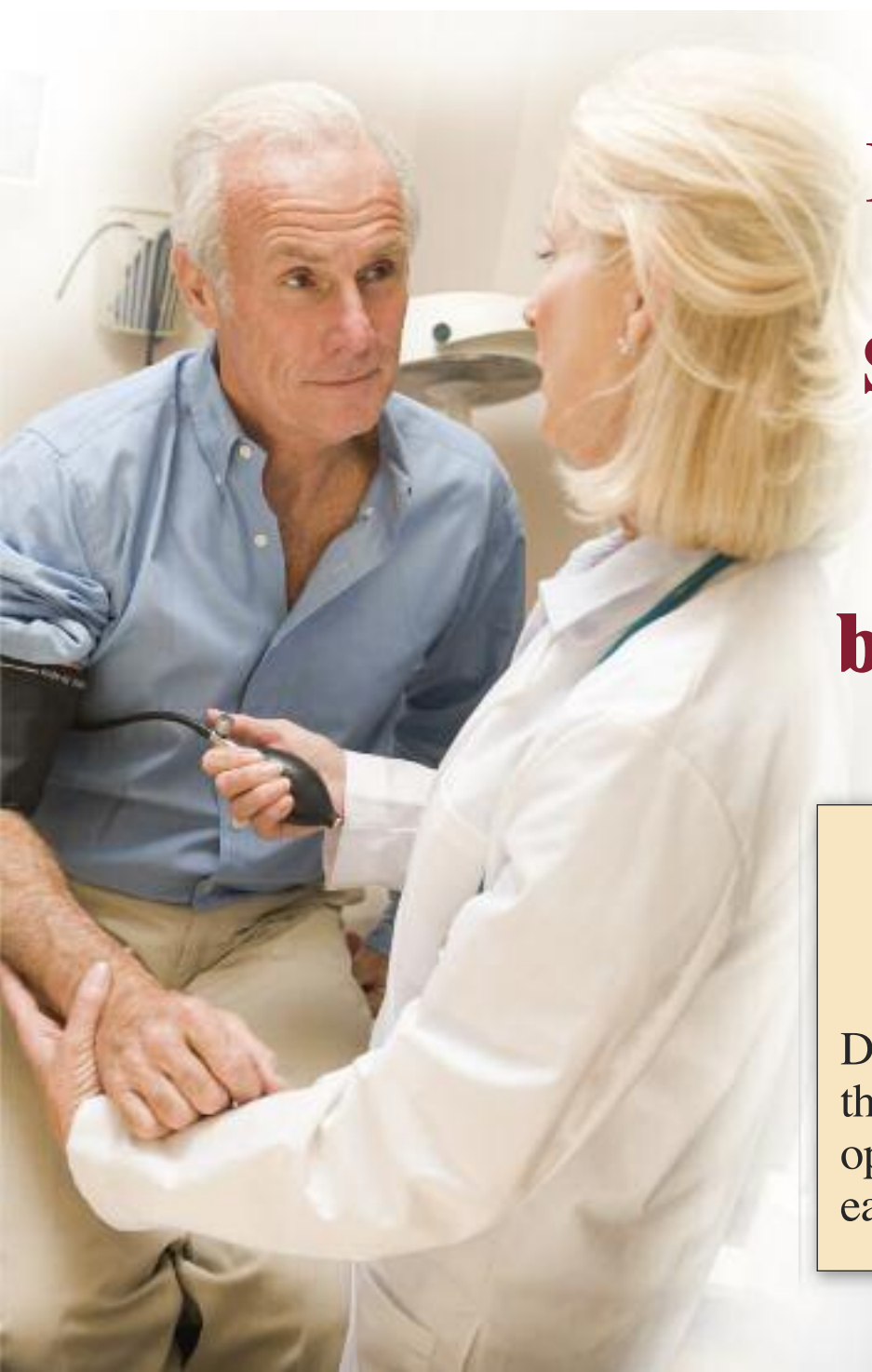
4 Internet: visit www.xxxxxxxx.com. Internet offer may vary from this introductory offer.



Your Customer
Savings Code:



PRSRT STD
US Postage
PAID
Health Resources



**Blood pressure already
out of control?
Starting to worry about
your blood pressure?
Got a history of
blood pressure problems
in your family?**

**Then this special blood
pressure issue is for YOU!
Read immediately!**

Discover the revolutionary breakthrough
that can help you experience
optimum blood pressure—
each and every day!

***Satisfaction
Guaranteed!***

Got High Blood Pressure?

If you've tried everything—and nothing is working. Please know this: **It's not your fault!**

New research reveals why 30% of Americans can't get their blood pressure under control.

► Discover the little-known culprit that's shooting your pressure through the roof—and the remarkable breakthrough remedy that can help you reclaim your health—and life!

Medical and scientific proof inside!

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



Guaranteed to work or it's FREE!

Health News

Summer 2011 Issue / \$6.95

SPECIAL BLOOD PRESSURE ISSUE

Could this be the answer to your high blood pressure?

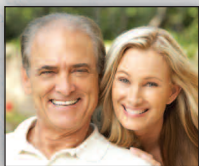
The Vitamin K2 Miracle

New research now show this breakthrough discovery can help you manage out-of-control blood pressure!



“At 210/120, I avoided a heath disaster!”

—Carol D., Sante Fe, NM



“Dropped 50 points! Very satisfied!”

—John T., Willis, TX

“A history of blood pressure problems—now a thing of the past!”



“I am 89 years old and an avid cyclist with long time blood pressure concerns. With [this amazing discovery], I had 120/80 at the doctors! They complimented me.

Per picture, “I have gone 18,000 miles on the trike in 4.5 years.”

—Robert M., Lancaster, PA

“Incredible results in 12 days!”



“My BP is remarkably low and consistent every day. My son is now taking [this amazing discovery]. He is excited about what he has seen in just about 12 days of use. I am getting ready to enter another order before this trial period ends. Thank you in advance.” —Luba D., Mesa, AZ

More amazing success stories inside!

Medical and scientific proof inside!

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



Guaranteed to work or it's FREE!