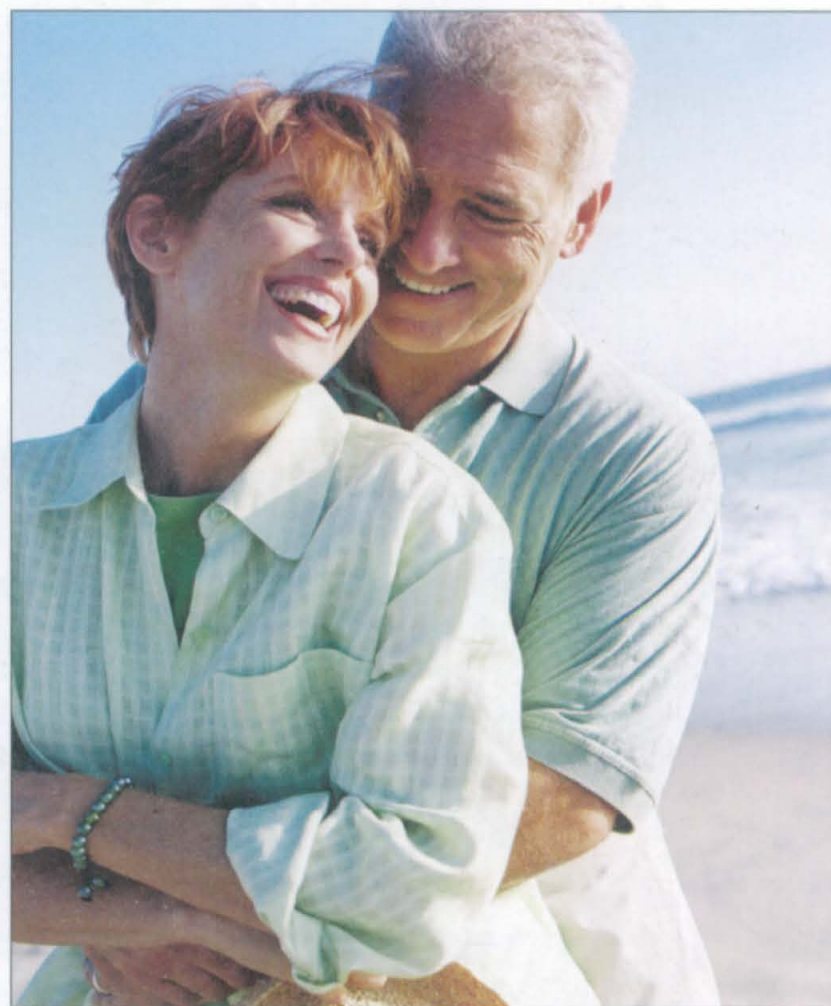


Why Glucosamine & Chondroitin Can't Touch The **Hidden Cause** Of Joint And Muscle Pain

Glucosamine and chondroitin help some people rebuild their damaged cartilage—if you're willing to wait long enough for it to start working!

But supplements like these do **NOTHING** to stop the hidden cause of everyday aches, pain and stiffness. In fact, scientists just recently discovered the "mystery" pain enzyme, the hidden cause that can go undetected for years, triggering pain every day. **It could be the reason no doctor has really been able to help YOU!**



FINALLY, we have a reliable natural remedy that works on all the major pain triggers...and it's not glucosamine or chondroitin. Learn about it, try it, and you may never suffer again...
Answer Revealed Inside...



Just Announced

Get TWO FREE BOTTLES!

Also get **FREE** shipping & handling if you order within the next 7 days!



Details on page 19.

The key to pain-free joints, muscles & tendons

Announcing an incredible new remedy...



Are you “putting up with” pain or stiffness in your back, legs, hips, shoulders, knees or **any other part of your body**? If you are, I have truly fantastic news for you...

I've been practicing medicine for over 30 years now and I've never seen a breakthrough with a natural treatment like this one. Up until now, we had a few “pretty good” natural remedies for pain, aches and stiffness. Maybe you've tried glucosamine, chondroitin, white willow bark, DMSO, or arnica and got mixed results. Probably the benefits were so subtle you couldn't tell whether it was really working, or your discomfort was just slowly getting better on its own.

Now we *finally*—and I say this with a tremendous exhale of relief—we **FINALLY** have a natural remedy that works like gangbusters on joint pain, muscle aches, and stiffness at the same time. It works fast, it's fully guaranteed, and the price is reasonable. This, my friend, is what I call a major breakthrough. We're receiving so many “thank you” letters from people who are getting relief, I can't read them all!

Let me explain what this breakthrough is and how it does the job...

We weren't doing ANYTHING to stop a major cause of pain & stiffness

Do a quick inventory of your own body. Do you feel pain, aches, stiffness or discomfort anywhere at this moment in time? Chances are that something in your body is acting up right now. **In fact, for many people, a different part of the body feels uncomfortable every day.** One day your lower back hurts. The next day you wake up with a stiff neck. Then you bend down and feel twinges in the knees, or the hips, or the elbow. Where is all this pain and stiffness coming from? How do you stop it!

Now we know, and boy, are the scientists at vitamin companies going to feel small when the news gets around. You see, while scientists have focused on the well-known COX-1 and COX-2 enzyme, no one knew that another

pain-causing enzyme called **5-lipoxygenase (5-LOX)** was making trouble—totally unchecked. The vast majority of people with pain and stiffness still aren't doing anything to block the 5-LOX enzyme—so it keeps on triggering pain, stiffness, discomfort and irritation.

This is a very big deal, because studies now show that 5-LOX can be between 100 and 1,000 times as inflammatory as other pain enzymes. If you have just a little too much 5-LOX somewhere in

Dr. Whitaker in Brief

- Graduate, Dartmouth College and Emory University Medical School
- Founder and Director, Whitaker Wellness Institute
- Together with Linus Pauling, Co-founded the California Orthomolecular Medical Society
- Staff Physician, Nathan Pritikin's Longevity Center, 1974-1976
- Author of eight best-selling books, including *Is Heart Surgery Necessary?*, *Reversing Diabetes*, *Reversing Heart Disease*, *Reversing Hypertension*, *Dr. Whitaker's Guide to Natural Healing* and *The Memory Solution*
- Member, American Medical Association

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

your body, you'll feel a flare up of your discomfort. Your back, neck, legs, hips or arm muscles will hurt. However, if you can fix an imbalance of 5-LOX, **you will have relief from aches and pain.**

Finally, a natural remedy that works on a hidden cause of discomfort

For years, I've been looking over the shoulders of the scientists unraveling the mysteries of 5-LOX. We discovered that this enzyme is a major cause of "unsolved" pain. But no one seemed to have a good, natural remedy. I quizzed nutraceutical experts all over the country, and I finally discovered a group of biochemists in Colorado who were testing a promising new solution called **Univestin**.

Univestin is a potent combination of the **Scutellaria baicalensis** and **Acacia catechu** herbs. Alone, these herbs have some impact on pain and discomfort, but the Colorado scientists discovered that when you combine these two nutrients in a certain way, the pain-relieving effect is multiplied! It's like the faucet that controls your pain is turned off.

I've enhanced the formula for even MORE benefits

Forgive me for being a perfectionist, but I didn't just stop with Univestin. For even more comprehensive defense against pain, aches and stiffness, I've added a number of other ingredients that all increase your comfort.

Pain-reducing herb: I've replaced the high quality ginger we had with an even more powerful form, standardized with 20% gingerols, the active pain-reducer in ginger. This very potent ginger extract deepens your comfort by calming your inflammatory response.

Joint lubricator: As we age, our joints naturally lose fluid, the "oil" that keeps them moving smoothly. The formula includes Papain and Bromelain which help keep your joints healthy and lubricated with full range of motion.

Joint & muscle antioxidant: Another great natural wonder I've included is **rutin**, a very potent antioxidant that battles the free radicals that can cause joint and muscle wear and tear.

My *Joint & Muscle Comfort PLUS* formula also gives you the benefit of two powerful "**comfort enzymes**" extracted from tropical fruit, that significantly reduce pain throughout the body—and also help with your digestion!

"Age alone doesn't slow us down—pain, aches, stiffness and discomfort are what really make us 'elderly.' Don't let it happen to you."

—Julian Whitaker, MD

Turn off the faucet of pain!



Joint & Muscle Comfort PLUS is the **ONLY** natural solution that turns down a primary faucet of pain, **5-LOX**, the hidden cause of aches, stiffness and lack of mobility.

The results are remarkable

My phone has been ringing off the hook—I've never seen people as fanatical about a supplement as this one. The stories are really inspiring: seniors who couldn't even sit down without pain, are virtually pain free now that they're taking *Joint & Muscle Comfort PLUS*. People who had stiff and painful joints are calling, writing and e-mailing every day to say they've never felt better. Grandmothers are taking it. Athletes are using it. Golfers love it. Gardeners and anyone who works with their hands wonder how they ever lived without *Joint & Muscle Comfort PLUS*.

continued...

The only key to staying pain-free is remembering to take it!

If you've been dealing with any kind of nagging pain or stiffness, my recommendation is to use *Joint & Muscle Comfort PLUS* first. If you've tried everything and **STILL** have pain, *Joint & Muscle Comfort PLUS* may be the only natural solution that will work for you on an ongoing basis—because it addresses the hidden cause of pain, **the 5-LOX enzyme**.

And once JMC starts working, you can take this new solution for as long as you want. It's all-natural!

Now, let's look at how *Joint & Muscle Comfort PLUS* is helping folks with their specific aches and pains, and what it can do in your case...

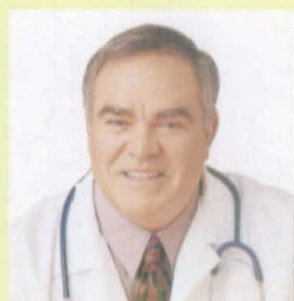
Sincerely yours,



Julian Whitaker, MD

P.S. Take advantage of this special price break: When you request five bottles, we'll send you an additional two bottles—FREE. By the way, ***Joint & Muscle Comfort PLUS* is a unique formula and cannot be imitated.** There is no other natural supplement without side effects that approaches JMC's ability to remove pain and stiffness so you can live in comfort.

Professional Credentials



Julian Whitaker, MD

is editor-in-chief of *Health & Healing*, arguably the most influential health newsletter in the world, with over 2,750,000 subscribers since 1991. Dr. Whitaker is also founder and director of the Whitaker Wellness

Institute, a pioneering medical facility in California.

Many of Dr. Whitaker's patients are **physicians themselves**, who travel to the Whitaker Wellness Institute to learn new drug-free techniques for solving their own health problems.

Dr. Whitaker is held in high esteem in the U.S. and around the world as a...

Leading Authority on Natural Healing:

You may have heard Dr. Whitaker on the *Today Show*, *Good Morning America*, *Larry King*, *MSNBC* or elsewhere. Dr. Whitaker was one of the first to bring therapies such as bilberry and lutein (for eye health), saw palmetto (for the prostate) and ipriflavone (for stronger bones) to the attention of the national media.

He has been widely quoted as a holistic medical expert in *The New York Times*, *Los Angeles Times*, *Washington Post*, *TIME* magazine and many other publications.

Consumer Advocate:

A fierce critic of profit-hungry drug corporations, Dr. Whitaker's professional mission is to bring intelligent, inexpensive health solutions to light. Dr. Whitaker has petitioned Congress and the FDA to make safe natural alternatives available to us, the American public. He is a champion of freedom of choice in treatment, as well as consumer access to the truth about drugs, health products and nutritional supplements.

Award-Winning Physician:

The Whitaker Wellness Institute is known worldwide for turning around hopeless medical cases. *TIME* magazine recently honored Dr. Whitaker's newsletter, *Health & Healing* for being one of the top physician-edited health newsletters. Dr. Whitaker also won the prestigious Inventor's Club of America award for both his *Vision Essentials* and *Memory Essentials* solutions. He was awarded the First Amendment Freedom Award for championing medical truthfulness.

NO MORE BACK TROUBLE

If you suffer from pain, aches or stiffness in your lower back, mid back, upper spine, or shoulder blades, **Joint & Muscle Comfort PLUS** may deliver relief from your discomfort once and for all.

When your back “goes out,” it can ruin your whole day. Your whole week! We both know what it feels like: If you have **lower back pain**, it can feel like someone poured cement around your lower vertebrae. You can’t even bend over to pick up your shoes without holding onto a piece of furniture.



There’s no relief: it doesn’t feel good to stand, to sit or even to lie down. It’s hard to sleep and it’s tough to concentrate on anything without thinking about the pain and discomfort. I used to have a bad lower back—it was hard to even read a book, because I couldn’t get comfortable sitting in a chair or even lying down in bed.

And forget about enjoying golf or tennis or even walking or swimming with a bad back! Doctors will tell you “swimming is good for you,” but who wants to be stuck in the middle of a deep pool with a cramped up back?

Mid back pain and stiffness are no better. Your torso can be so stiff and sore it won’t turn from side to side—it’s like your ribs are in a straitjacket!

Then there’s pain in the **upper back**, especially around and underneath the **shoulder blades**. It can feel like you have a stiff knot the size of a golf ball in those muscles—even if you didn’t do anything to cause it. It’s not fair!

Wonderful relief from back aches:

One of the really frustrating things about back pain is that it catches us completely off guard, and at the

worst possible moment—like minutes before we’re about to depart on a long trip and need to carry suitcases. All of a sudden you feel a twinge or spasm and part of your back quickly freezes up—and it can take DAYS for mobility to return and for the feeling of muscle vulnerability to go away. Where does this pain come from? **What triggers it?**

I’ll tell you, and then you won’t have to suffer back pain again. In fact, you may not have torn a muscle or ligament at all, even if it feels that way. Instead, many people have a **build-up of the 5-LOX enzyme**. These enzymes cause your tissues to become inflamed, triggering pain if you move even the slightest amount. They set you up for back pain!

Maybe you’ve tried a number of natural pain remedies—pills, capsules, rubs, ointments—and haven’t gotten the relief you wanted. The reason is that you were DOING NOTHING to turn off the “hidden” faucet of pain, the 5-LOX enzyme.

Only *Joint & Muscle Comfort PLUS* works on 5-LOX, which can be over 100 times as pain-inducing as other pain enzymes. And it works quickly. Take just one capsule twice a day, and your 5-LOX will be normalized. You’ll be back to your favorite activities very soon, free of pain, aches and stiffness.

Lasting comfort can be yours...

Don’t wait for the next major flare-up of your back problems. Start taking *Joint & Muscle Comfort PLUS* as soon as it arrives in the mail. Most people soon have a loose, flexible back, with a great reduction of discomfort. **But the amazing thing is that if you continue with *Joint & Muscle Comfort PLUS* you’ll**

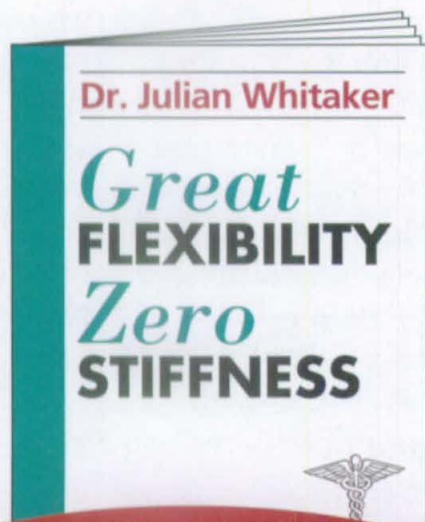
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likely go one month, two months, three months with **no return** of your problems. You'll no longer be someone with "a bad back."

Joint & Muscle Comfort PLUS can give this new life to you—all I ask is that a month from now, when you meet someone in pain with a stiff, aching back, share your own story and tell them how you got your back feeling good, once and for all!

"Joint & Muscle Comfort PLUS is all-natural. It's safe and gentle on your stomach."



**\$14.95 VALUE
FREE WITH YOUR ORDER:
SEE PAGE 16**

Shortcuts to a Flexible Back

You can get a lot of relief just by taking *Joint & Muscle Comfort PLUS*. But if you follow the easy instructions in your free copy of ***Great Flexibility, Zero Stiffness***, you can be more flexible, mobile and pain-free than you've ever been before! Takes less than 15 minutes per day!

You're never too young for a little joint help!

"Joint trouble runs in my family--my mother's knees have been bothering her for years, and when I was a kid, I could always tell my dad was coming up the stairs by the creaking and cracking of his ankles!

So after decades of basketball, running on the track and the usual 'weekend warrior' over-exertion, now it's my turn to feel the pain: I often wake up with stiff, aching joints, especially in my knees, just like mom.

No, I used to wake up that way. Not anymore, with *Joint & Muscle Comfort PLUS*. Now those nagging pains are gone, and I can do whatever I want again: chasing my kids around in the park, playing golf for hours, even occasionally

going dancing with my wife. (OK, my own pain may be gone now, but watching me on the dance floor can be painful for others!)

Joint & Muscle Comfort PLUS works so well for me, I take it every morning before I go for a jog. Best of all, because my joints don't hurt anymore, I can stay active and keep off those extra pounds too!

I'm proud to help Dr. Whitaker bring such a wonderful supplement to the people who need it...like me, for example!"*

**Tom Callahan,
General Manager, Forward Nutrition**



Imagine:

PAIN-FREE KNEES AND LEGS

Doctors have probably missed what's really causing pain and stiffness in your legs or knees. Don't just live with the discomfort and cut back on your activities. **Joint & Muscle Comfort PLUS** goes to a main source of pain to give you back the mobility you once had.

People who don't have any pain in their legs and knees just don't understand. I personally know what it's like, because I played football in high school and have run seven marathons, so my knees have taken a pounding over the years.



Knee and leg pain is really frustrating. It can take years to go away, and usually gets worse, not better. Often, doctors can't even figure out what's causing the pain—especially leg pain that comes and goes without warning.

Well, I'm one doctor who won't tell you you're imagining it—I had the same problem myself for years before I learned the true cause...

Normalize your pain enzymes and dance again!

You see, **enzymes**—the most common triggers of pain—don't show up on x-rays. If you have pain in your legs or knees, you're probably already taking something. But what we've just discovered is if it doesn't **specifically work on 5-LOX**, you're leaving the door open for knee or leg pain.

Think about yourself. If you have any of the following problems, taking **Joint & Muscle Comfort PLUS** on a daily basis can help you dramatically:

- **Stiffness or aches in your legs when you wake up in the morning**

- **Pain in your legs or knees when you stand, walk or run**
- **Discomfort that slows you down**
- **Pain or stiffness in the legs or knees when you try to climb stairs or hills**
- **Difficulty bending down**
- **Noticeable pain, stiffness or aching after an activity**

All of these problems can be caused by an over-production of pain enzymes. And they can all be reduced or eliminated when you balance those enzymes with **Joint & Muscle Comfort PLUS**.

Fresh new legs, fresh new life...

Imagine being able to walk wherever you want without pain, stiffness or discomfort. Explore a new city...walk miles along the beach at sunset...go for a hike with your family. All of this is possible with **Joint & Muscle Comfort PLUS**.

Plus, if you continue to take just two capsules a day, don't be surprised if you can resume sports and activities you haven't done for years. Tennis, golf, skiing, ballroom dancing, you name it. I did a bicycle trip all the way across America a few years back, and boy was I in pain. Any doctor would have told me to take the next plane home and recuperate in bed. I was thinking about selling my bike and accepting that I'm "not a kid anymore."

But that was before I discovered Uninvestin, the main ingredient in **Joint & Muscle Comfort PLUS**. The

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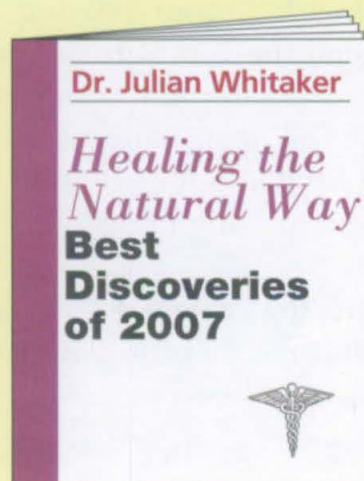
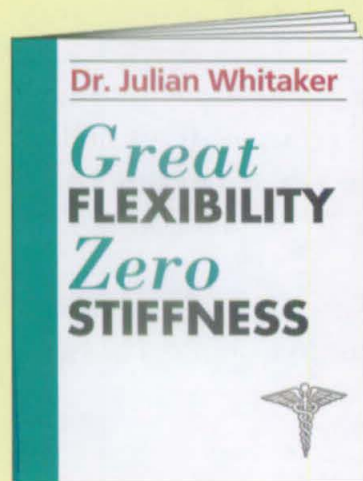
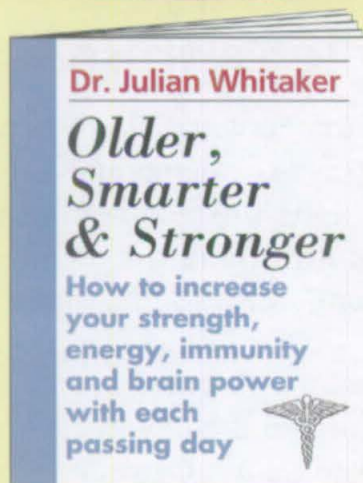
problem was my knees—they were just too stiff and painful to pedal mile after mile.

Not anymore. Since I started taking *Joint & Muscle Comfort PLUS*, my knees have been virtually pain-free. I've bought myself a new bike and I'm still riding long distances. Not too bad for a 61-year-old ex-football player!

If you have pain in your legs or knees, try *Joint & Muscle Comfort PLUS* first. It could save you from years of unnecessary suffering and frustration. And once you're feeling fine again, drop me a line, because there's definitely room for one more friend on my next cross-country bike ride!

"Never say 'I'm not a kid anymore.' If your problem is pain or stiffness, we can solve that right now."

FREE, if you make your request soon.



SIMULTANEOUS pain relief throughout your body

Let's make your life a lot easier. Instead of using a whole bunch of different joint, muscle and pain products, just take one, *Joint & Muscle Comfort PLUS*. You won't need an herbal pill for your painful back, a rubbing solution for your aching shoulders, or an ointment for stiff hands or throbbing neck. That's because *Joint & Muscle Comfort PLUS* is a true **SIMULTANEOUS** pain reliever.

It finds every place in your body that's sore, stiff or throbbing with pain and goes right to work! And it keeps working, as long as you take it.

The big differences between *Joint & Muscle Comfort PLUS* (JMC) and other natural pain solutions

- JMC normalizes the **5-LOX enzyme**, the newly discovered pain trigger.
- You can safely take JMC every day for **continuous** relief.
- JMC also relieves **aches and stiffness**.
- JMC works throughout the **entire body**.
- JMC is **less expensive** than other popular pain solutions.
- JMC is **all-natural**. It helps your body work the way it's supposed to!
- JMC goes to the **real cause** of pain—it's not a "band-aid" approach.

I'm enjoying life, pain-free, myself!



Learn how
to get two
bottles FREE!
See page 19.



Without any knee pain, this 61-year-old doctor can ride a tandem bicycle dozens of miles a day.



In my newsletters, I've mentioned the bicycle ride I did completely across the United States with my friends and family. What I often leave out is how much pain I was in!

You see, high school football was really rough on my knees. Later in life I ran seven marathons, and that didn't help matters. On the coast-to-coast bike trip, the joint pain kicked in around the 1,000-mile point, and I finally resorted to pouring DMSO, a remedy meant for horses, directly on my knees. I got only limited and temporary relief. You can imagine what it was like to just grit my teeth, with the Rocky Mountains ahead and 2,000 miles of bike riding to go...

Recently, we discovered that joint pain is often caused by the **5-LOX** enzyme, which can be a lot more troublesome than other pain enzymes. My new secret weapon, *Joint & Muscle Comfort PLUS*, normalizes your 5-LOX, solving the problem.

Take my advice: most people just need one capsule, twice a day as a regular supplement. Even pain that has been with you for years could mysteriously go away.

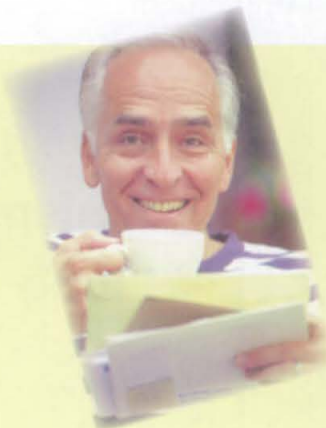
I'm hiking, running, swimming, playing golf and tennis and traveling all over the country to lecture to doctors. My family sometimes wonders where all this energy comes from. But I'll let you in on something...it's not energy as much as joy—joy for being pain-free and knowing that I did it without drugs or surgery...next big adventure, here I come!

Julian Whitaker MD

"I've suffered chronic lower back pain for more than five years. I've tried everything on the market! Nothing helped. At best I got temporary relief, but with severe side effects such as stomach ulcers and more. After taking the first bottle of

Dr. Julian Whitaker's Joint & Muscle Comfort PLUS, my back is almost completely pain-free. Thank you for such a marvelous product. I can actually sit down again without pain!"*

—Tony Couch, Georgia



Grandmothers and Pro Athletes all LOVE *Joint & Muscle Comfort PLUS*

GRANDMOTHER



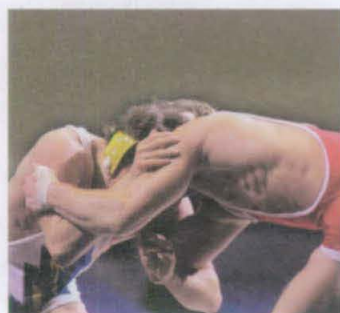
You may *never* feel the kind of muscle soreness a professional baseball pitcher feels after throwing for nine innings. If Univestin—the main ingredient in *Joint & Muscle Comfort PLUS*—works on pro athletes, imagine what blessed relief it can give to the average grandmother!

SKIER



A former **US Olympic downhill skier** had chronic pain and stiffness in his knees, hips and ankles. The pain disappeared shortly after starting on Univestin, and didn't reappear as long as he continued with the supplement.

WRESTLER



A former **college wrestler** was enduring a lifetime of aches and pain in his back, hands, arms and legs after years of rough competition. He can't believe the comfort Univestin is still giving him, using only two capsules per day.

PITCHER



A retired **pitcher for the Houston Astros** baseball team was suffering from intense pain in his throwing arm for years and years. He was amazed that his body responded to Univestin—nothing else he had tried gave him this kind of relief!

FOOTBALL TEAM



We're currently giving Univestin to an entire **NFL football team**. The team likes it so much they've made it part of their daily routine: you can imagine each player eating two big steaks, drinking a half gallon of milk and swallowing a few Univestin capsules after every training session!

"Joint & Muscle Comfort PLUS is an 'everyday' supplement: it gives you 24-hour pain relief, as long as you keep taking it."

—Julian Whitaker, MD

Joint & Muscle Comfort PLUS:



Treat yourself to total comfort! No other joint, muscle or tendon supplement comes close: your back, arms, legs, hips, knees, hands—your whole body and all of its joints and muscles can feel better quickly with *Joint & Muscle Comfort PLUS*.



The secret is in the unique ingredients!

Univestin 250 mg

Univestin is the crown jewel of *Joint & Muscle Comfort PLUS*. A special, high-potency blend of the herbs *Scutellaria baicalensis* and *Acacia catechu*, Univestin is the **ONLY** natural supplement that works on the body's hidden pain enzyme: 5-LOX. **If you have pain, stiffness or discomfort right now, it could easily be because you're doing nothing to normalize 5-LOX.**

Rutin 50 mg

Rutin is a bioflavonoid and a powerful antioxidant particularly helpful in keeping your joints, muscles and tendons healthy. Rutin fights the free radicals that can damage the cells of your joints. This herb also strengthens the small blood vessels that carry vital nutrients to your joints, muscles and tendons, and helps remove more toxins and other waste products.

Bromelain & Papain 200 mg / 50 mg

The digestive enzymes bromelain and papain aren't just a great way to improve your digestion—these enzymes also promote a normal inflammatory response throughout the body. Bromelain and papain also enhance blood and oxygen flow to every joint, muscle and tendon.

Ginger Root 100 mg

Studies now show that high-potency ginger can improve joint mobility, remove stiffness and reduce discomfort. Our new special ginger extract has a very high content of "gingerols," the substance that reduces your pain enzymes and increases comfort.



Warning: Consult your physician before taking this product if you have a history of ulcers, GI bleeding or are taking Coumadin® (warfarin) or other blood thinners. Do not take if you are pregnant or lactating.

STIFF NECK? SORE SHOULDERS?

Not anymore!

If you often have a stiff neck or sore shoulders, start taking **Joint & Muscle Comfort PLUS** every day. We believe neck and shoulder pain is often caused by the 5-LOX pain enzyme, and no natural remedy reduces pain enzymes like **Joint & Muscle Comfort PLUS**.



Some people have a great range of motion in their neck and shoulders and never suffer from stiffness or pain. Others can hardly turn their neck from side to side when they get up in the morning; they feel pain in the shoulders or neck whenever they move a certain way. **Wouldn't you**

like to be one of the lucky ones who don't have to worry about this?

It's very common to have frustrating neck or shoulder aches and pains. You simply wake up one day and your neck feels tight. Maybe you were sleeping "wrong" and your neck got cramped. Many people suddenly feel their neck tighten sharply when they bend over to pick something up. For the next 3 or 4 days their neck is cocked to one side and incredibly stiff. The feeling is, "what in the world did I do to deserve this!"

The same mysterious problem is very common in shoulders. One day you realize that something in your shoulder hurts whenever you move it a certain way. The muscles and joints just don't feel right, and it doesn't matter how much you stretch or try to "shake it out," the discomfort won't go away.

A lot of people just suffer through these "mystery" shoulder and neck pains and say, "well, that's life." You, my friend, don't have to be one of them anymore—let me explain why.

Don't suffer unnecessarily!

We're having remarkable success eliminating neck and shoulder discomfort with **Joint & Muscle Comfort PLUS**.

That's because JMC solves the mystery behind neck and shoulder trouble. You see, some people's bodies are on a "hair trigger" for the 5-LOX enzyme. Your inflammatory response might work great if you're actually injured: when you cut yourself, the body floods that area with defenders to fight bacteria. But the body can also **overreact**, for almost no reason at all! Move your neck the wrong way and the body mistakenly floods it with pain enzymes. Sleep cockeyed and your shoulder gets so stiff and achy it feels like you've actually hurt yourself!

But if you can calm down an over-reactive production of enzymes, then your pain, stiffness, aches and tightness can easily disappear, overnight. All you have to do is take **Joint & Muscle Comfort PLUS** regularly, and you can keep your neck and shoulders loose and comfortable.

DOSAGE INSTRUCTIONS

For ongoing
freedom from
pain, aches and
stiffness...

Take **1 capsule**, twice
daily with food. Do not
exceed recommended
dosage.



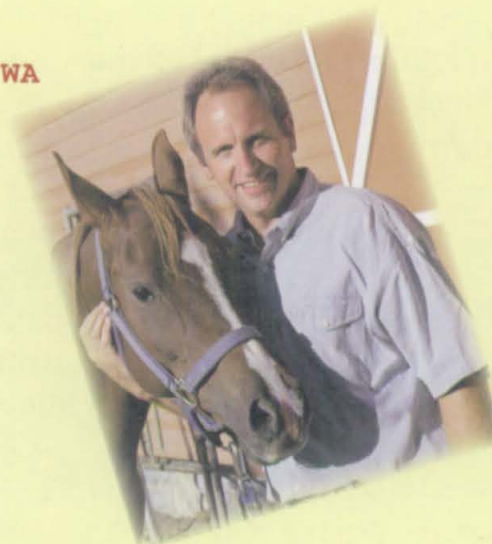
His first REAL pain relief with a natural supplement

"For over a month, my shoulder hurt so much I could hardly lift myself out of the swimming pool or take my T-shirt off without jolts of pain in the shoulder joint. It wasn't getting any better, even though I was doing special exercises for the shoulder. I went to one of the best shoulder surgeons in the Northwest. He said, "your x-rays look fine...you have good bones."

Then a friend sent me a bottle of Joint & Muscle Comfort PLUS and I started taking it. On the third morning, I woke up

and something really strange had happened overnight--the pain and aching had almost completely disappeared! I couldn't believe it. I could work out at the gym again, do the chores, everything. I'm still taking Joint & Muscle Comfort PLUS and so far the sharp pain hasn't returned even a bit. This is the first natural pain supplement that's ever worked for me, and I've tried a lot. Thanks!"*

—Steve K., Seattle, WA

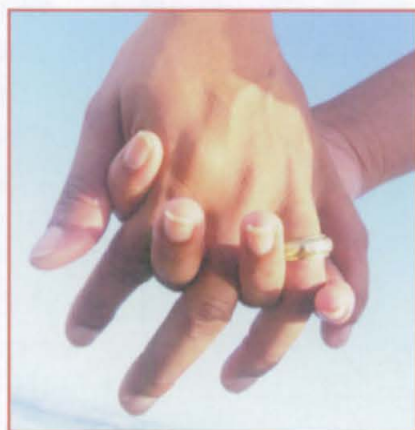


"To think, I was feeling like a stiff old man at age 39. With *Joint & Muscle Comfort PLUS*, I can jump right on a tall horse like I'm a kid again. I'm a total believer."

*If you are pregnant, please consult with your physician before adding any natural supplement to your daily regimen. Anyone with known allergies to natural herbal supplements should also consult with a physician. Results not typical.

Banish stiffness from your ELBOWS, ARMS, WRISTS and HANDS

Doctors hate "pain and discomfort" problems because they usually can't figure out what on earth is causing them. It's common to have annoying stiffness and pain in your elbows, forearms, wrists and fingers for causes that doctors say "cannot be determined." So they blame "old age."



That's a cop-out of a medical explanation if ever I heard one! Let's get to the root of the problem: As I've explained, pain often comes from your body releasing too much of the 5-LOX enzyme in a specific area, such as the elbow or forearm. This over-reaction can cause the muscles and tendons of your elbows, forearms

or hands to give you a lot of problems. Just because you wash so many dishes, peel so many vegetables or type so many letters to your friends! It's not like most of us play tennis on the pro circuit!

Even if stiffness or pain has been giving you trouble for years, cutting way down on what you can do with your arms or hands—*Joint & Muscle Comfort PLUS* can help. In as little as 30 minutes, you can turn down those pain-causing enzymes and start peeling apples again. Or simply relax and play the piano while your husband or wife does the chores!



WHEN WAS THE LAST TIME YOU HAD **HIPS** SO LIMBER YOU FELT LIKE DANCING?

Tight, aching hips can really affect your happiness. The hips are the “master joints” of the body that allow us to turn, bend over and move forward. When you have trouble with the muscles, tendons and joints of your hips, it’s difficult to really enjoy life. It can be painful to sit, stand, walk or lie down, not leaving you with many options!

You may assume that your hip problems are due to “old age” or lack of use. Not necessarily. Now we’re finding that a high level of pain enzymes, especially the 5-LOX enzyme, can contribute to a lot of that hip discomfort and lack of mobility.

Imagine just taking one natural remedy, twice a day and magically having looser, more mobile and less painful hips. Now you can. And once you do, exercise will come easier, and even greater flexibility and muscle tone will be yours.



Is your discomfort optional? **The choice is YOURS**

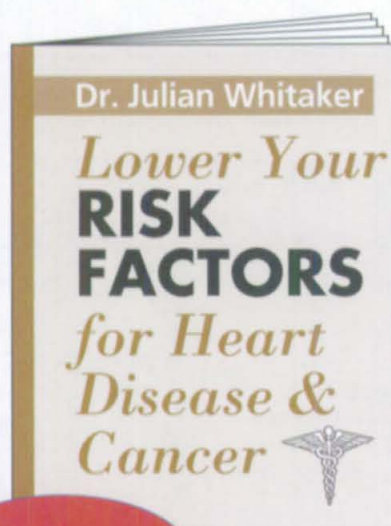
Look, we all age and suffer some wear and tear. But that doesn’t mean you necessarily have to be in pain and discomfort. It doesn’t mean that your life has to slow down or become restricted. Pain or no pain...the choice is yours.

A couple of years ago, you didn’t have many options. But now you can choose to keep all of your pain enzymes under control. You can get rid of those everyday aches and pains for good with a daily dose of *Joint & Muscle Comfort PLUS*. I’m telling all of my patients that taking JMC is just as important as taking a good multivitamin and antioxidant every morning and evening.

Use <i>Joint & Muscle Comfort PLUS</i> for ALL of these:			
	PAIN	ACHES	STIFFNESS
JOINTS	✓	✓	✓
NECK	✓	✓	✓
SHOULDERS	✓	✓	✓
UPPER BACK	✓	✓	✓
MID BACK	✓	✓	✓
LOWER BACK	✓	✓	✓
UPPER ARMS	✓	✓	✓
ELBOWS	✓	✓	✓
FOREARMS	✓	✓	✓
WRISTS	✓	✓	✓
HANDS	✓	✓	✓
FINGERS	✓	✓	✓
HIPS	✓	✓	✓
LEGS	✓	✓	✓
KNEES	✓	✓	✓
FEET/ANKLES	✓	✓	✓
MUSCLES	✓	✓	✓
TENDONS	✓	✓	✓

EXTRA REWARDS for promptness If you respond within 7 days

Lower Your **RISK FACTORS** for Heart Disease & Cancer



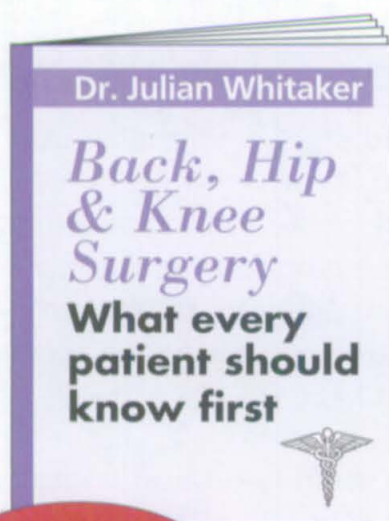
FREE!

\$14.95 value

I don't want to ever have to worry about "reversing heart disease" or recovering from a bypass operation or stroke. True, I've written about some very promising new cancer cures, but personally I'd rather never need treatment! Here's how to reduce your risk factors for both diseases to next to nothing:

- How to get **high blood pressure** down in the normal range—fast—without a single medication.
- The **REAL** cholesterol risk: don't worry about your cholesterol "numbers." Instead, let's stop LDL cholesterol from oxidizing and **hardening your arteries**.
- The new killers, **homocysteine**, **triglycerides** and **LP(a)** and even newer secrets for dramatically lowering them, naturally.
- How **former smokers** can significantly reduce their risk of surprise lung cancer.
- The best new ways to prevent **breast cancer**, even if it runs in the family.
- Why your risk of **skin cancer** can go way, way down—even if you've spent half a lifetime on the beach—if you supplement with this...
- Plus, oncologists will never tell you about these methods to prevent **colon cancer**, **prostate disease** and more, until it's too late...

Back, Hip & Knee Surgery What every patient should know first



FREE!

\$14.95 value

You go to the doctor with chronic pain, stiffness and swelling. You leave his office with a referral for an orthopedic surgeon. Listen, you often have non-surgical options your primary doctor may not even know about. **READ THIS REPORT BEFORE YOU SAY "YES" TO ANY SURGERY.** You'll learn:

- Why **back surgery** is one of the most risky operations you can agree to. I'll tell you about natural, non-invasive ways you can get rid of back pain, even if it's been bothering you for a lifetime...so you can "back-off" from surgery.
- **Knee surgery:** why arthroscopic knee surgery may NOT be the best option in your case. Some causes of pain and swelling can be eliminated naturally.
- **Hip replacement?** Many patients would do better to replace the doctor who suggested one. Here's why...
- How to know when you should get a **second or third opinion**. It's true, thousands of people are persuaded to get surgery **UNNECESSARILY**.
- What to remind your surgeon before the operation, so he doesn't make a **mistake!**
- Secrets for **speeding up your recovery** after surgery and getting back to normal as soon as possible. Anyone who doesn't follow this advice could spend extra weeks or months in bed.

Say hello to
deep joint comfort with
Joint & Muscle Comfort PLUS

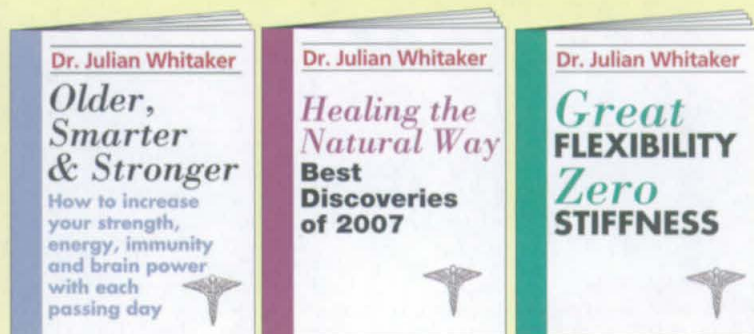


GET 2 FREE BOTTLES OF *Joint & Muscle Comfort PLUS* WHEN YOU ORDER FIVE

Plus get three valuable gifts, free:

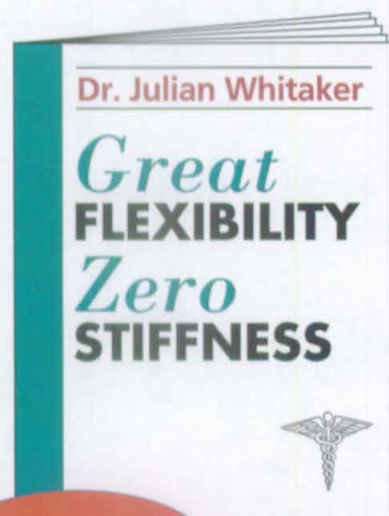


Three FREE Bonus Reports!



Order five bottles of ***Joint & Muscle Comfort PLUS*** and you'll receive **TWO EXTRA BOTTLES FREE!** Plus, you'll receive all three advice-packed Special Reports, free of charge, AND you'll also get FREE shipping & handling! That's a savings of \$94.83. If for any reason you change your mind, you will receive a FULL refund and can still keep all of the reports, FREE OF CHARGE.

Great FLEXIBILITY, Zero STIFFNESS



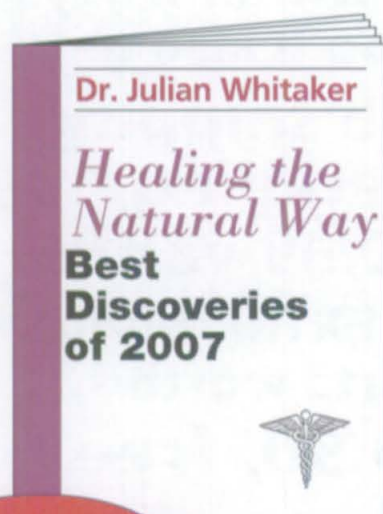
FREE!

\$14.95 value

The real difference between "old age" and staying young can be summed up in one word: FLEXIBILITY. Even if you're 80 years old, if you can keep your joints and muscles flexible and free of inflammation, you'll be able to hike, dance, jog, play golf and tennis, shop for hours, travel the world—you name it. The key is having great mobility in all of your joints, muscles and tendons. This super-valuable guide gives you the secrets you need to quickly gain a lot more flexibility, and keep it.

- How to loosen up the **hip joints** so you can walk, bend and even run without stiffness.
- Get a pain-free and flexible **back**—even the lower back—in less than 15 minutes per day.
- The key to permanently relieving tension and inflammation in your **arms, hands and fingers**: who says you can't learn to play the piano at age 75!
- Secrets to turning a chronically **stiff neck** into a neck as flexible as a teenager's!
- Best ways to keep your **knees and legs** limber and pain-free, so they'll take you where you want to go, without symptoms!
- How to release tension in your **shoulders**, even if they've been tight and knotty for years!
- Secrets to keeping great flexibility, year after year, with **minimal effort**.

Healing the Natural Way



FREE!

\$14.95 value

Allergies: A new combination of herbs that stops sneezing, itching, shortness of breath, clogged sinuses or a runny nose. An incredible breakthrough!

Sleep: We're now using a special herbal essence for better sleep. More effective and safer than valerian root, chamomile or whatever you're taking now.

Colds & Flu: A unique homeopathic remedy that nips colds and flu in the bud. Take it as soon as you feel the first symptoms, and miracle of miracles, you never do get sick.

Prostate: Newly discovered—a better natural way to shrink the prostate, lower your PSA and fight off cancer.

Diabetes: The new herbal blend that gives much better blood-sugar control than diet and exercise alone.

Creativity: The new supplement that enhances your mind's natural power to remember, concentrate, perceive and create.

And Much More: request your free copy today—DON'T MISS OUT!

Why go downhill when you can constantly improve, day after day?

This incredibly valuable report shows you precisely how to improve your strength, energy, brainpower, immunity and more. The time to plant the seeds of future health is NOW. You'll learn:

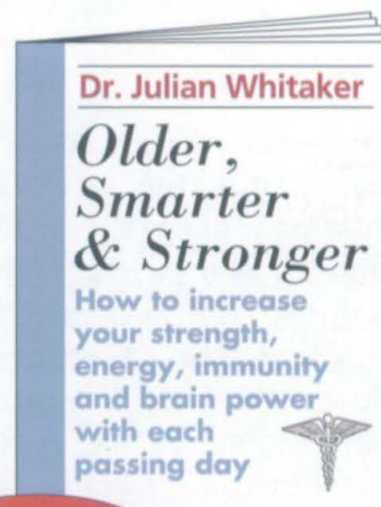
- How to make your **immunity** tougher, not weaker as life goes on. So many people succumb to disease because they just assume the immune system has to get more frail with age. Yours, however, can get much stronger with our advice!
- The best ways to nourish the mind, so you can have better and better **problem solving and creative ability** as time goes on. Don't settle for slower thinking and a duller memory! After all, age should bring wisdom, not mental decline!
- Why so many people lose **muscle and skin tone** as they get older, and how to not be one of them. No, you don't have to work out in the gym every day...the secret is a couple of marvelous new supplements.
- We've coached seniors in their 80s to have more **energy and stamina** than they did in their 50s! We have a few secrets that will make you an inspiration to the younger generations. They'll wonder why you have so much get-up-and-go!

If you want to get better—not just older—these are the most powerful secrets.

Request a free copy!

Older, Smarter & Stronger

How to increase your strength, energy, immunity and brain power with each passing day



FREE!

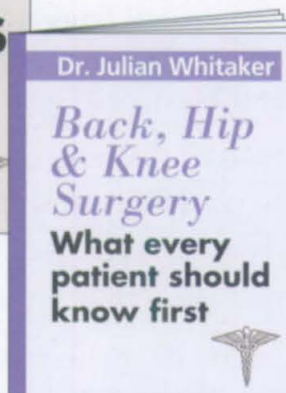
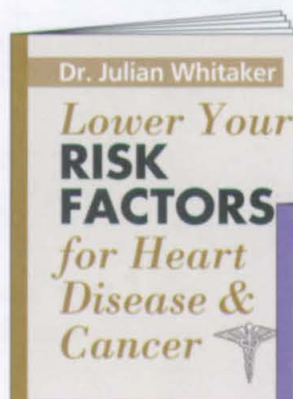
\$14.95 value

"If you rid yourself of stiffness and pain, don't be surprised when your overall health improves in ways you would never expect."

"The sooner you receive your *Joint & Muscle Comfort PLUS*, the sooner you will start getting relief."



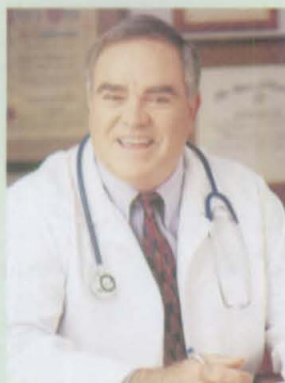
DON'T FORGET



Order within 7 days and you'll also get:

- **FREE shipping & handling, a \$9.99 value**
- **Two EXTRA bonus reports worth \$29.90, free**

Joint & Muscle Comfort PLUS



Our Quality Promise To You

We only use the finest ingredients to create *Joint & Muscle Comfort PLUS*: the most potent extracts of the herbs *Scutellaria baicalensis* and *Acacia catechu*. The purest rutin, papain, bromelain and ginger possible. Every ingredient is inspected, tested for quality and potency, combined precisely and hermetically sealed with care using the latest quality control technology. You will not find a better-made supplement anywhere.

100% No-Nonsense Guarantee

With other joint and pain supplements, you can't tell if they're working or not. *Joint & Muscle Comfort PLUS* is different. Some patients report that they feel better in as little as 30 minutes. And you'll keep getting the benefits as long as you take it—there are no side effects. I know JMC works because my own muscle and joint discomfort is gone and hasn't returned. So many of my friends, family and patients are enjoying similar results, and so can you. Try JMC for your own aches, pain and stiffness. You'll know that you aren't just dulling the pain, but going right to the **cause** and fixing the problem.

This is a 100% guarantee. Even after you take the last capsule in the bottle, you can still change your mind, and we'll still give you a FULL money-back refund.

That's right—you can change your mind at any time for any reason and still get all of your money back and also keep all of the Special Reports as my gift, a value of \$14.95 each.

We're that confident that *Joint & Muscle Comfort PLUS* will keep you pain-free.

Julian Whitaker, MD

Biggest Savings: TWO FREE BOTTLES

- Two FREE Bottles of *Joint & Muscle Comfort PLUS* when you order five
- And all three FREE Special Reports



Only \$17.85 per bottle.
You save \$94.83!

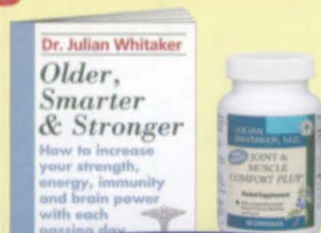
Good Savings: ONE FREE BOTTLE

- Get one FREE bottle of JMC when you order three
- And two FREE Special Reports



You save \$54.89!

Single Bottle Offer:



You save \$14.95!

TEAR OFF AND RETURN

TEAR OFF AND RETURN

Reply today and receive your *JOINT & MUSCLE COMFORT PLUS* as soon as possible!

☒ **YES**, please send me *Joint & Muscle Comfort PLUS*, Dr. Whitaker. I want pain-free joints, muscles and tendons now and in the future. Send me the only natural remedy that works on pain, aches and stiffness throughout the entire body by normalizing the 5-LOX pain trigger.

100% GUARANTEE: I can change my mind at ANY TIME, get all of my money back promptly and still keep the Special Reports, free of charge.

☐ Biggest Savings— TWO FREE BOTTLES:

(Item #JM71) Send me five bottles of *Joint & Muscle Comfort PLUS* for only \$124.95 PLUS **TWO FREE BOTTLES** and ALL THREE Special Reports free of charge, PLUS free shipping and handling. I save **\$94.83** on this order alone.

☐ Good Savings— ONE FREE BOTTLE:

(Item #JM40) Send me three bottles of *Joint & Muscle Comfort PLUS* for only \$74.97 PLUS **ONE FREE BOTTLE**, and two free Special Reports, with free shipping and handling. I save \$54.89!

☐ **Single Bottle Offer:** (Item #JP10) Send me a one-month supply for \$24.99 and one Special Report, with free shipping and handling. I save \$14.95.

Method of Payment:

☐ Enclosed is a check for \$_____ (payable to Forward Nutrition. NC residents please add 7% sales tax; WV residents please add 6%)

I prefer to use my ☐ ☐ ☐ ☐

Card # _____ Exp: ____/____

Signature: _____ Phone: (____) _____

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

☐ Yes! Please confirm my shipment via e-mail. You may also send 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 can unsubscribe from these updates at any time.

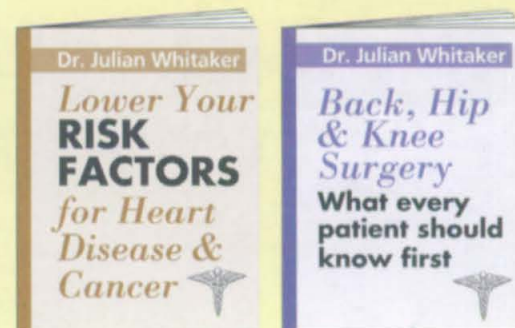
E-mail Address _____

There's no need to write your name and address. Simply check the back cover to see that your address is correct. If not, please correct it and mail back this form in the postage-paid envelope provided between pages 10 and 11.

**FREE
Shipping &
Handling!**

☐ REWARD ME FOR BEING PROMPT!

I'm ordering within 7 days, so please also rush me FREE copies of these two valuable Special Reports worth \$29.90. PLUS, give me **FREE shipping & handling.**



For quickest delivery of your *Joint & Muscle Comfort PLUS*,
call toll-free

1-800-211-6358

Open 24 hours a day, 7 days a week. Thank you for your order!
Your satisfaction is guaranteed.

No More Discomfort!

*Back • Hips • Legs • Joints • Hands • Neck
Shoulders • Knees • Elbows • Muscles • Tendons*



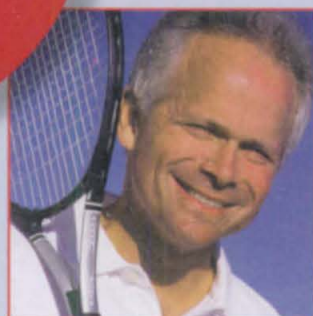
Weekend golfers are flocking to it...



Pro athletes love it because they can run, jump and slide without pain...



Grandparents who want to be more active have discovered it...



Pain sufferers of every kind can't believe their good luck!

**Get TWO
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of Joint & Muscle
Comfort Plus...**

And FREE shipping & handling
if you order within
the next 7 days!

Details on page 19.

ANNOUNCING the natural pain, aches, and stiffness
remedy we've all been waiting for!

ADVANCES IN JOINT AND MUSCULAR HEALTH

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Kearneysville, WV 25430

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