

NATURAL CHOLESTEROL THERAPY



In spite of our best efforts and technology, heart disease remains the number one killer in the United States. Someone dies from a heart attack every 30 seconds.

The molecule responsible for

much of this public health disaster is cholesterol. Today we know to look at the ratio of “good” to “bad” cholesterol as well as some newer tests that help us determine just how dangerous your cholesterol is.

Diet, exercise, stress reduction, and nutritional supplementation all play an important role in protecting your heart and arteries from the damaging effects of cholesterol and other molecular toxins.

Many patients are surprised to learn that cholesterol reducing prescription medication only reduces your risk of having a heart attack by about one-third.

3 Times More Potent than Synthetic NATURALLY D by My Best Health

- Water suspended for superior absorption
- Lowers risk of heart disease



Naturally D is three times more potent than synthetic vitamin D. Our liquid “Naturally D” supplement contains natural vitamin D suspended in drops of water for superior absorption.

Everyday scientists are learning more about the benefits of supplementing with natural vitamin D including improvements in bone health, treating muscle aches and arthritis pain, and lowering the risk of heart disease and certain cancers.

Usual Dosage: One to five drops daily as directed by Dr. Hirt.

PRODUCT #	SIZE
271	2.33 fl oz

Sweet Heart

HEARTWISE By My Best Health

- Thins blood... like aspirin
- Lowers cholesterol

It is rare for me to have anything nice to say about white, refined sugar. Yet from the sugar cane plant comes policosanol, a sugar-free extract from sugar

cane that lowers cholesterol, has anti-oxidant properties, and can protect the heart by thinning the blood like aspirin. From the pages of botanical study, never have good and evil come from the leaves of the same plant in this way.



PRODUCT #	SIZE
153	60 cap

Passage to India GUGGUL by Vital Nutrients

- Natural cholesterol blockers
- Protects heart and arteries



Guggul is the sap from the *Commiphora mukul* tree which is native to India and has been used for centuries by Ayurvedic herbal practitioners to treat heart disease.

The active ingredients of Guggul are guggulsterones which lower cholesterol by blocking cholesterol production in the liver. Guggul also has anti-oxidant properties which help protect the heart and arteries from the damaging effects of

cholesterol much like the better known anti-oxidants vitamins C and E.

PRODUCT #	SIZE
149	60 cap

SURE-SORB CO-Q10

by My Best Health



Remember that lowering cholesterol is just one aspect of treating and preventing heart disease and strokes. Sticky cholesterol must be kept from adhering to the lining of your arteries, Co-enzyme Q10 provides this protection.

When medications or supplements are used to block the liver's production of cholesterol, Co-enzyme Q10

production is also blocked and blood levels of this important vitamin will be reduced. This makes supplementation with Co-enzyme Q10 even more important when reducing cholesterol levels.

In Japan, Co-enzyme Q10 is so valued that it is the sixth leading selling medication and is available only by prescription. We import our Sure-Sorb Co-Q10 from Japanese sources because of its high quality and purity. Do not be fooled by cheap CO-10 products on store shelves that use inferior ingredients.

PRODUCT #	SIZE
267	30 cap
286	120 cap

School of Thought

Ultra-pure FISH OIL

by My Best Health

- **Healthy cholesterol levels**
- **Decrease heart palpitations risk**
- **Thins Blood**



Just three servings of fatty fish per week can reduce your risk of dropping dead of a heart attack by more than 50%. This benefit is in the same realm as taking a daily aspirin or reducing cholesterol with medications or herbs. The beneficial omega-3 fish oils can help support healthy cholesterol levels, thin the blood, and decrease the risk of dangerous heart palpitations.

PRODUCT #	SIZE
141	60 gel

CARDIOVITE

by My Best Health

- **Fight disease and aging**
- **Promotes health**



Oxygen breathes life into virtually every living thing on the planet. At the same time, oxygen also slowly damages our vital organs in a process known as oxidation much like the rusting of metal. To counter the harmful effects of oxygen, scientist have looked toward a special class of molecules called anti-oxidants.

CardioVite provides vitamins and minerals that not only prevent disease but also promote health. This formula includes: grapeseed extract, 25 times more powerful than Vitamin C that has also been shown to help the body fight disease and aging.

PRODUCT #	SIZE
106	60 tab

Mended Heart

Cholesterol management is just one aspect of treating and preventing heart disease. Whether by nutritional supplement, prescription medication, or both, achieving a healthy cholesterol number must also be accompanied by a comprehensive strategy that includes proper diet, exercise, stress reduction, and protection of the heart and arteries from cholesterol and other toxins.

This extra but essential protection comes from other

nutritional supplements. A heart-healthy program includes the following:

- **CardioVite by My Best Health**
- **Sure Sorb Co-Q10 by My Best Health**
- **Ultra-Pure Fish Oil by My Best Health**
- **Lipoic CR by My Best Health**
- **Lycopene by My Best Health**

Natural Heart Disease Fighting Chemical

SPROUT SHIELD

by My Best Health

- Most power-packed cruciferous vegetable
- Cardiovascular health
- 200+ clinical studies
- Like eating fistful of broccoli sprouts
- Superior anti-oxidant protection



Everyone knows that eating cruciferous vegetables like broccoli are good for you. These vegetables pack natural chemicals that help us fight cancer, heart disease, arthritis, eye disease (like macular degeneration), high blood pressure, even *Helicobacter pylori* (the bacteria that causes stomach ulcers and stomach cancer).

Researchers at Johns Hopkins University School of Medicine discovered that the most power-packed cruciferous vegetable was the broccoli sprout, the tender 3 day old shoot that will eventually become a mature broccoli plant. These shoots are the most abundant source known of isothiocyanates, a natural chemical that over 200 clinical studies have shown to help the body fight cancer, detoxify, provide superior anti-oxidant protection, block arthritis inflammation, support eye and cardiovascular health, and neutralize *Helicobacter pylori*.

One capsule of Sprout Shield contains all the important health-promoting nutrients of a fistful of broccoli sprouts.

PRODUCT #	SIZE
258	120 cap
279	30 cap



Improves Blood Vessel Circulation

NITROBANG

by My Best Health

- Reduces vascular complications of diabetes
- Helps lung function in patients with breathing problems.
- Anti-aging benefits
- Reduces stroke risk
- Improves mood, mind and memory



NitroBang is a refreshing effervescent powder formula that provides therapeutic levels of two key amino acids (L-Arginine and L-Citruline) that are clinically proven to boost blood levels of Nitric Oxide. Nobel-Prize winning research has recently demonstrated the importance of Nitric Oxide in maximizing male erections (like a natural Viagra), improving heart and blood vessel circulation, brain oxygen delivery, and

improving athletic performance and muscle tone.

People who regularly use the ingredients in NitroBang also report improved mood, mind, and memory.

Nitric Oxide helps inflamed and damaged intestinal tissue to heal in diseases such as gastritis, colitis, inflammatory bowel disease, stomach ulcers, and NSAID (such as ibuprofen, naproxen, aspirin) stomach damage and irritation. Nitric Oxide also helps lung function in patients with breathing problems such as asthma, emphysema, and pulmonary hypertension.

To boost anti-aging benefits, take a dose of NitroBang before bed to replenish Nitric Oxide blood levels which fall to their lowest levels at night. Nitric Oxide lowers blood pressure and helps maintain healthy blood vessels to prevent plaque build-up in arteries, reduce stroke risk, and reduce the vascular complications of diabetes.

More than 20,000 research articles have proven the "how and why" of Nitric Oxide's critical importance to human health.

Usual Dosage: For enhancement of male sexual performance, athletic performance, cardiovascular blood flow, lung function, and brain function, use 3 capsules on an empty stomach 20 to 30 minutes before engaging in your activity of choice such as sexual activity, athletic competition, physical exertion, or brain exercises (puzzles, reading, presentations, performances, studying, testing).

PRODUCT #	SIZE
265	180 cap

Richest Source of Essential Oil

ANDREAS FRESH PRESSED FLAX SEED OIL

by Andrea

- **Unique violet glass bottle preserves and protects potency**
- **“Pressed” on date guarantees freshness**
- **Reduces risk of heart disease and stroke**
- **Reduces risk of hardening of arteries**



Andreas’ oil is no ordinary organic flax seed oil because how this oil is processed. Even the bottle is special.

Flax seed oil is one of the richest sources of an essential oil for human health, alpha-linolenic acid. Alpha-linolenic acid is found in every human cell and is necessary for good health. Good blood levels of alpha-linolenic acid have been shown to possess many health benefits including a reduced risk of stroke (including “mini-strokes”), heart disease, intestinal diseases, tumors, hardening of the arteries (arteriosclerosis), arthritis, and other inflammatory diseases. Flax seed oil may also help in the treatment of Attention Deficit Disorder. Perhaps you are taking flax seed oil or have tried it in the past without any results.

This is probably because your flax seed oil was missing a secret ingredient.

The secret of flax seed oil is freshness; the healing benefits of flax seed oil are released the moment the flax seeds are pressed and then last only for a few

Keeps Arteries Clear of Blood Clots

NATTOKINASE

by My Best Health

- **Powerful, healthful enzyme, nattokinase**
- **Natural blood thinner**
- **Most powerful product of its kind!**
- **Perfect for travel**

Natto is a fermented soybean paste which is a 1,000 year-old traditional Japanese food spread which is used like peanut butter is used in the United States. However, unlike peanut butter, natto is rich with health benefits including a powerfully healthful enzyme, nattokinase.

Nattokinase, known by Japanese researchers as “The Enzyme of All Enzymes,” has been extensively studied and found to help keep arteries clear of dangerous blood clots, including blood clots that can clog leg veins during long trips or bed rest.

weeks or months (if properly stored). Most flax seed oil supplements and bottled oils have an expiration date, but no “pressed” date. This makes it impossible to determine whether any of the healing benefits these supplements and oils are still present. Flax seeds must also be cold pressed and cold processed because any heat will destroy the healing nutrients in the oil.

Whenever possible, Andreas’ Fresh-Pressed Flax Seed Oil is packaged in a unique violet glass bottle. Violet glass has been known since the times of the ancient Egyptian pharaohs to be the best way to store and preserve precious oils and herbs. Unlike other colored glass and dark plastic bottles, violet glass uniquely restricts all damaging visible light but still allows other important energy waves to penetrate the contents of the bottle. These energies such as infrared, ultraviolet, and violet light help to maintain the healing energies of the organic contents within the bottle. Studies spanning two months have shown that virtually no degradation of contents occurs with volatile products kept in violet bottles.

Once properly pressed, flax seed oil begins to slowly lose its healing properties because of exposure to light. This decomposition continues to occur in colored glass bottles and dark plastic bottles, but not in violet glass bottles.

Andreas is a gold medal Olympic gymnastics champion, and his commitment to a quality, healing flax seed oil represents the highest in the field.

PRODUCT #	SIZE
281	8.45 oz.

Nattokinase can also help wounds heal faster by keeping them enzymatically clean and healthy. Nattokinase also acts as a natural blood thinner.

My Best Health’s Nattokinase is the most powerful, concentrated product of its kind.

Usual dosage: For heart attack and stroke prevention, take one capsule twice daily. For leg blood clot prevention during travel, take two capsules two hours before boarding and two more capsules six hours later. Do not take more than four capsules in 24 hours.



PRODUCT #	SIZE
272	60 cap

Power of Niacin Without Side Effects

NIASSTAT

by My Best Health

- **Lowers triglycerides**
- **Increases HDL**
- **Lowers Lipoprotein**
- **Reduces niacin side effects**
- **Reduces chances of skin flushing**



Years of clinical research has proven the effectiveness of vitamin B₃, niacin, in the treatment of high cholesterol. Niacin is particularly effective at lowering triglycerides, increasing HDL, and lowering Lipoprotein (a), one of the most dangerous types of cholesterol.

Triglycerides are a type of fat found in the blood that comes mainly from foods you eat (or drink) such as carbohydrates (sugar, honey, grains [wheat, rice, oats, barley, rye, quinoa, spelt, amaranth, kamut], foods made from grains [such as pasta, crackers, bakery goods, cereals], fruit, fruit juices) and alcohol. Like cholesterol, triglycerides can contribute to clogging of your arteries and organs when their blood levels get too high. If your cholesterol blood test shows a high level of triglycerides, you should reduce the amount and frequency of these carbohydrates in your diet. Using supplemental niacin can help to substantially reduce dangerously high triglycerides in the blood.

HDL is the “Healthy” cholesterol and helps to clean and clear clogged arteries. Having a low HDL is worse than having a high LDL (“Lousy”) cholesterol. Raising the HDL can be done by exercising (at least one hour daily of vigorous cardio-style exercise) and

by taking niacin supplements. Prescription cholesterol-lowering drugs, like statins, can only increase HDL slightly and insufficiently.

Lipoprotein(a) is a hook-like protein that sticks out of the cholesterol fat molecule in the blood. The Lipoprotein(a) hook easily catches on the inside of the arteries, allowing the attached cholesterol molecule to get inside the artery walls and contribute to a blockage of the artery. When Lipoprotein(a) levels are high and untreated, the risk for having and premature heart attack or stroke can be very high. Unfortunately, cholesterol reducing prescription drugs have no effect on Lipoprotein(a) levels and provide no protection from its deadly effects.

The problem with using niacin has always been “flushing,” an uncomfortable (but harmless) red, itchy skin condition that lasts a few minutes to a few hours. There are “No Flush” niacin vitamins available over-the-counter but many of these can cause liver damage or are made of niacin-like molecules that are not effective at helping cholesterol test results.

NiaStat has been developed for maximal effectiveness and minimal side effects. NiaStat is made with a special, patented technology that mixes niacin with a special type of wax that lets the niacin slowly and steadily get into your system over eight hours. This reduces any side effects on the liver and reduces any chances of skin flushing.

To further reduce the chances of flushing, take an aspirin (baby [81mg] or regular [325mg]) one hour before taking NiaStat and take Niasat with dinner or with a low-fat, healthy snack at bedtime. When taken this way, any flushing that may occur should happen while you peacefully sleep.

PRODUCT #	SIZE
254	120 cap

Reduces Cholesterol Levels

FORTITUDE

by My Best Health

- **15x immunoglobulins than mother's milk**
- **Supports lean muscle**
- **Supplements immune boosting proteins**
- **Immune support**

Fortitude is a breakthrough in providing maximal supplementation of immunoglobulins, the immune boosting proteins found naturally in the blood. Fortitude contains 15 times more immunoglobulins and other immune-boosting proteins than does colostrum, the first and most nutritious drops of

mother's milk for her baby.

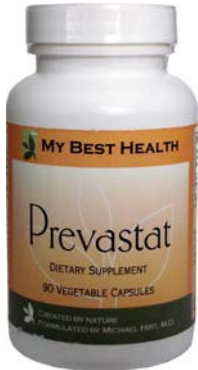
Supplementation with Fortitude provides immune support, neutralization of “bad” gut bacteria, soothes inflamed intestinal tissues, heals “leaky” gut syndrome, supports the maintenance of lean muscle mass, and help reduce cholesterol levels.



PRODUCT #	SIZE
268	150 gm

China Red
PREVASTAT
by My Best Health

- **Proven to lower cholesterol**
- **Cherished Chinese herbal medicine**



Monascus purpureus is better known as Red Rice Yeast, a much cherished Traditional Chinese herbal medicine for treating heart disease and high cholesterol.

Clinical studies have proven that Red Rice Yeast effectively lowers cholesterol.

All of the prescription "statin" cholesterol reducing medications can trace their molecular origins to the ingredients of Red Rice Yeast. Yet, Red Rice Yeast in its natural form appears to be far less likely to cause side effects than prescription medication.

PRODUCT #	SIZE
256	90 cap

Supports Heart Health
LYCOPENE
by My Best Health

- **Support lung**
- **Powerful antioxidant**



Lycopene is the natural red pigment that gives tomatoes, watermelon, and pink grapefruit their reddish color. Lycopene is a member of the beta-carotene family and is among the most potent, heart-healthy anti-oxidant supplements available.

Lycopene also helps support normal lung function, prostate health, and is a powerful anti-oxidant.

PRODUCT #	SIZE
164	30 gel

Creates Beauty from Inside Out
MAIDEN FARE
by My Best Health

- **Highly absorbable**
- **Strengthens protein superstructure**
- **Rebuilds osteoporotic bones**
- **Thickens hair**



Silica is the second most abundant molecule on the Earth after oxygen and is naturally found in our bodies. Silica helps strengthen the body's protein superstructure. The problem with using silica (the main ingredient of sand) as a supplement is that silica is not well absorbed into the body when swallowed.

Maiden Fare contains a unique and highly absorbable form of silica that helps to refresh and nourish the body's structural proteins, especially benefitting the proteins of the hair, skin, nails, and bones.

Studies lasting five months have shown that the specially formulated silica in Maiden Fare can reduce facial wrinkles by 30% by naturally increasing skin collagen, reduce facial skin roughness by 30%, thicken hair, and rebuild osteoporotic bones.

Maiden Fare helps create beauty and strength from the inside out.

Usual Dosage: Take one capsule twice daily with meals.

PRODUCT #	SIZE
269	60 cap



Optimize Blood Cholesterol Levels

NEUTRA-FIT

by My Best Health

- **Lowers cholesterol**
- **Improves bowel regularity**
- **Boost immune system**
- **40% more protein than other powders**
- **30% more absorbable than soy protein**



Neutra-Fit is a breakthrough, health-enhancing protein powder made from New Zealand sourced pure whey protein with natural immunoglobulins, an immune system protein that helps boost the immune system and support a healthy intestinal lining. Neutra-Fit also contains natural soluble fiber that can help lower

cholesterol and improve bowel regularity.

Neutra-Fit contains 21 grams of bio-active whey protein per serving (40% more protein than other protein powders) and is 30% better absorbed than soy protein.

Neutra-Fit is a pharmaceutical grade protein powder that is free of environmental contaminants, hormones, and antibiotics found in other commercially available protein powders. Neutra-Fit protein powder makes a great base for healthful shakes for patients trying to build and maintain muscle mass, boost immune function, and optimize blood cholesterol levels.

Neutra-Fit can be used as a delicious meal replacement or as a between meal snack.

Usual Dosage: Mix 2 scoops in 10 – 12 ounce of cold water or other liquid as a base for a healthful shake. Ask for our recipes!

NAME	PRODUCT #	SIZE
Chocolate	259	14 serv
Vanilla	260	14 serv
Fructose Free	261	14 serv

Specially Aged Garlic Extract

A.G.E.

by Wakunaga

- **Supports healthy blood vessels**
- **Reduces plaque build-up**
- **Supports healthy blood pressure**
- **Supports healthy cholesterol**
- **Natural antibiotic**
- **Immune booster**
- **Anti-cancer effects**
- **Odorless**



Garlic may be one of the oldest medicines still used today. Long treasured for both its culinary and medicinal qualities, garlic continues to have significant health benefits today.

Scientific studies have demonstrated that garlic has beneficial effects on the heart and blood vessels by lowering cholesterol, blood pressure, and reducing plaque build-up in the arteries.

Other research has shown garlic to help patients with certain types of cancer including prostate cancer, colon cancer, leukemia, breast cancer, and stomach cancer.

Garlic also has strong antibiotic properties which have earned it the nickname of "Russian penicillin." Garlic extracts are known to kill a variety of viruses, bacteria, fungi, yeast and parasites. When sufficiently concentrated, garlic extracts rival the effectiveness on the strongest prescription antibiotics.

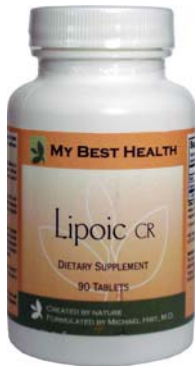
PRODUCT #	SIZE
144	100 cap



Protects Heart **LIPOIC CR**

by My Best Health

- Protection from hardening of the arteries
- Last 3x longer than other brands
- Provides all-day protection
- Helps neuropathy
- Helps blood sugar



Having been identified more than 50 years ago, alpha lipoic acid has long been appreciated for its potent anti-oxidant protection of the brain, nerves, heart, and arteries. This type of protection means a slowing of the aging process.

For patients with diabetes, alpha lipoic acid can help to reduce blood sugar levels and protect the body from the damaging “oxidizing” effects of high blood sugar, such as hardening of the arteries and nerve damage (also known as neuropathy). Alpha lipoic acid also supports patients with other causes of neuropathy including chemotherapy, toxin-induced, and age-related.

Further boosting its anti-oxidant powers, alpha lipoic acid also helps the body recycle vitamins C and E.

Alpha lipoic acid is so powerful an anti-oxidant that it was used to treat victims of the Chernobyl nuclear accident and was shown to normalize affected internal organs and substantially reduce radiation-induced oxidative damage.

Now, you probably are not dealing with a disaster of this magnitude, but it is nice to know that the supplement you are taking is protecting you as if you were.

Lipoic CR has been proven to last three times longer in the blood than other brands, and therefore can provide all-day protection from the oxidative forces of aging and disease.

Usual Dosage: Take two tablets before breakfast and one before dinner for all day protection.

PRODUCT #	SIZE
255	60 tablets

High potency Vitamin B5 **CoFACTORS**

by My Best Health

- Reduces seasonal allergy symptoms
- Boosts adrenal function
- Helps promote wound healing after surgery



Like other B vitamins, vitamin B5 is absolutely necessary for human health. B5 is critically important for the metabolism of dietary carbohydrates, proteins, and fats. It is also necessary in order to get energy out of food and into the body's tissues. Vitamin B5 also helps the body to manufacture many of the hormones that support our body.

Without enough B5 people complain of sleepiness, fatigue, headache, numbness of the hands and feet, leg muscle weakness, heart irregularities, stomach problems, moodiness, and an increased susceptibility to infections.

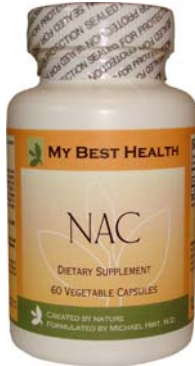
PRODUCT #	SIZE
334	100 cap



When Vitamin B is Not Enough

NAC

by My Best Health



Like cholesterol, it is “normal” to have some homocysteine in your blood, but lower is better. The B vitamins are the first line of defense in lowering homocysteine and protecting your body from this natural toxin.

N-acetyl-cysteine (NAC) can also be used as a supplement to further reduce serum homocysteine when B vitamins cannot lower it to goal levels.

PRODUCT #	SIZE
168	60 cap



All the Benefits of Green Tea

THEA-STAT

by Douglas Labs



Everyone knows that green tea is good for you. However, not everyone has the time to drink the six to eight cups a day that are necessary to get all of the anti-cancer, immune-boosting, weight loss, and cardiovascular benefits that green tea is known for.

Thea-Stat is a patented extract of green tea theaflavins and catechins which are the two most potent, health-promoting

benefits of green tea.

This is an important, breakthrough supplement for patients concerned about cancer, heart disease and stroke prevention because Thea-Stat contains a powerful concentration of the most powerful antioxidants found in green tea.

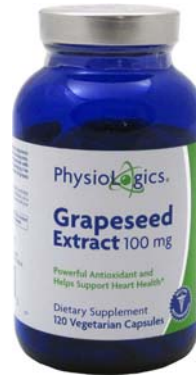
PRODUCT #	SIZE
198	30 gel

Potent Anti-oxidant

GRAPESEED EXTRACT

by PhysiLogics

- Brain cell protection



Grapes (particularly red grapes) contain a potent blend of anti-oxidants known as oligomeric proanthocyanidins (OPCs).

That’s a mouthful.

These OPCs are many times more powerful than the better known vitamins C and E. OPCs have been shown to reduce cholesterol’s artery clogging abilities, dilate arteries to improve blood flow, and gently thin the blood to prevent

blood clots from causing strokes and heart attacks.

In research studies, OPCs can also kill cancer cells of the breast, lung, stomach, and prostate.

As an added bonus, OPCs also keeps skin looking more youthful by blocking the enzymes that destroy the underlying superstructure of skin which would otherwise lead to wrinkling and sagging.

Yes, you can get some OPCs from drinking red wine (10 times more than white wine), but you would also be getting the alcohol (I know that’s the point). However, alcohol is a cancer-promoting toxin that should be enjoyed infrequently for your best health. The French studies that linked France’s low heart attack rates to alcohol consumption also demonstrated France as having Europe’s highest rates of cancer, hardly a statistic to celebrate.

PRODUCT #	SIZE
146	120 cap

Public Enemy #1

Someone dies from a heart attack every 30 seconds. For some perspective, the equivalent carnage would be nine fully-loaded 747s crashing with no survivors every day, seven days a week, 365 days a year. The skies would not be so “friendly” if airplanes had this abysmal safety record.

The molecule responsible for much of this public health disaster is cholesterol. Most adults know whether their cholesterol is “high” or “low”, and many also remember the actual Total Cholesterol number.

Yet, analyzing your “cholesterol” test requires more than just focusing on a single, raw number. Today we know to look at the ratio of “good” to “bad” cholesterol as well as some newer tests that help us determine just how dangerous your cholesterol is.

Supports Healthy Circulatory System

BLOOD PURIFIER

by My Best Health

- *Helps maintain strong constitution*
- *Detoxifies*
- *Cleanses The Blood*
- *Essential for detoxification*
- *Aids in removing cholesterol plaque build-up*
- *Restores normal elasticity and strength of arteries and veins*



The circulatory system includes the heart, blood vessels, and the blood. This system is responsible for delivering to every cell its daily nutrition of food and oxygen and carrying away all of the cellular waste. This waste creates “dirty” blood that then must be filtered by the liver, kidneys, and spleen.

If the blood is not healthy or the circulatory system is clogged with plaque, then critical nutrients cannot get to the cells and cellular garbage does not get taken to the “curb.” Cells become

unhealthy, diseased and eventually die.

Diseases of the circulatory system like heart attacks, atherosclerosis, and stroke account for more than 70% of all deaths in the United States.

HOW IT HEALS:

The toxins in bad air, food, and water can accumulate in the blood and circulatory system and must be removed to keep a body healthy. Blood Purifier contains a blend of herbs that are designed to support healthy blood detoxification and a healthy circulatory system.

Blood Purifier also contains herbs that are potent infection fighters to help keep the body resistant to disease related to bacteria, viruses, yeast, and fungi.

Blood Purifier can be used daily as part of a regular detoxification regimen to maintain health or support patients with circulatory disorders such as heart disease, strokes, mini-strokes (TIAs), hardening of the arteries (atherosclerosis), and aneurysms. This formula may also be used for one to two months as part of a thorough detoxification program.

PRODUCT #	SIZE
296	16 oz

Activated “B” Vitamin

ACTIVE 6

by My Best Health

- *Heart healthy*
- *Headache relief*
- *Relieves carpal tunnel*
- *Helps asthma treatment*
- *Prevents kidney stones*
- *“Fast Acting”*
- *Reduces PMS symptoms*



Active 6 is the “go-ready” and more effective form of vitamin B-6. Active 6 is an essential vitamin that is needed for the health of every cell in your body.

In medicinal doses, Active 6 has been shown to help treat a large number of symptoms including headaches, heart disease, asthma, diabetic neuropathy, kidney stones, PMS, carpal tunnel syndrome, and certain pregnancy related

problems (including morning sickness, preeclampsia, birth defects, and frequent miscarriages).

Active 6 works best when taken with MAGnificent, a chelated magnesium supplement.

PRODUCT #	SIZE
333	100 cap



Maximally Absorbed Magnesium

MAGNIFICENT

by My Best Health

Helps patients with:

- *Fatigue*
- *Fibromyalgia*
- *Muscle spasm*
- *Mood disorders*
- *Insomnia*
- *Asthma*
- *Heart disease*
- *Palpitations*
- *High Blood Pressure*
- *Diabetes*
- *Headaches*
- *Kidney stones*
- *PMS*
- *Pregnancy*
- *Restless Legs*
- *Constipation*
- *Osteoporosis*
- *Substance withdrawal*



It surprises most people that magnesium is more abundant than calcium in the body. Magnesium is essential for life and is involved in over 300 enzyme systems.

Despite the critical importance of magnesium, the diet of most Americans is deficient in magnesium. Magnesium rich foods include whole grains, nuts, legumes, dark green vegetables, fish, and meats.

There are also a number of prescription medications that deplete the body of magnesium and these drugs include some antibiotics, laxatives, water pills, and some asthma medications.

MAGnificent contain magnesium-potassium-aspartate which is the preferred and most absorbable form of magnesium.

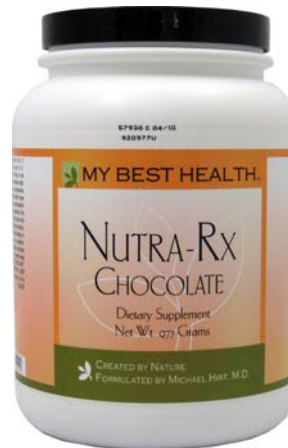
PRODUCT #	SIZE
336	100 tab

Lowers Cholesterol

NUTRA-RX

by My Best Health

- *Nutritional shake*
- *Weight loss aide*
- *Promotes Healthy Blood Sugar*
- *Controls appetite and cravings*
- *Healthy meal replacement for weight loss*
- *Scientifically formulated herb and fiber blend*



Nutra-Rx is multi-purpose, all-natural shake that is scientifically formulated to promote healthy blood sugar and cholesterol. Unlike drugs and other herbal blends, Nutra-Rx does not contain any medications or "statin" molecules.

As a therapy, Nutra-Rx uses herbs and natural fiber to balance blood sugar and pull excess cholesterol out of the body. When used as a meal replacement once or twice daily, Nutra-Rx helps control sugar and carb cravings, and works great as a core part of weight loss program. For patients interested in weight maintenance, use Nutra-Rx between meals or substitute one meal a day with Nutra-Rx.

FLAVOR	PRODUCT #	SIZE
Chocolate	324	977 gm
Vanilla	342	977 gm



High-potency Chromium Supplement

CHROMIUM

by My Best Health

- Specially formulated for maximum effectiveness
- Reduces cravings for carbs and sweets
- Supports healthy blood sugar
- Helps reduce triglycerides
- Used for treatment of obesity and PCOS
- Helps reduce insulin, the #1 fat-building hormone
- GTF = Glucose Tolerance Factor = help for blood sugar and cravings

Chromium is an essential mineral that is necessary for the hormone insulin to work properly. Without sufficient chromium, insulin cannot properly control blood sugar. Excess sugar is then deposited into body fat stores, particularly on the belly, chest and upper back.

Elevated blood sugar causes additional problems like diabetes and diabetic related health problems including accelerated heart disease, strokes, nerve damage, weakness, and blindness.

Chromium supplements have also been used to help lower cholesterol by reducing triglycerides. Scientists are currently studying high-potency chromium supplements in the treatment of obesity because of chromium's reported benefits of reducing sweet cravings, reducing appetite, and helping to manage insulin, a fat-building hormone.

In order to be effective at blood sugar control, cholesterol management, and weight loss, medicinal doses of chromium are necessary. Chromium GTF



is a mid-potency chromium supplement that provides chromium in its most absorbable form. Chromium 1000 is the highest potency chromium supplement on the market today that also provides chromium in its most absorbable form.

Chromium is found naturally in foods such as meats, animal fats, fish, brown sugar, coffee, tea, calf liver, whole wheat bread, and rye bread. However, due to over farming and soil nutrient depletion, the chromium content of most foods is lower than expected which has led to chromium deficiencies in many patients.

NAME	PRODUCT #	SIZE
Chromium 1000	331	100 tab
Chromium GTF 200	332	100 cap

Seeking Immunity?

Our immune system helps us to stave off two constantly looming threats: infections and cancer. While it might sound like bad science-fiction, we really do live in an era of Superbugs, a class of bacteria, viruses and fungi that our best antibiotics cannot effectively kill. Some of these bacteria actually eat antibiotics and grow more powerful. Some even eat the strong disinfecting hand soap used in hospitals!

Though clinical research continues to make substantial therapeutic gains, cancer is still one of our most prolific killers.

Chemotherapy and radiation never get rid of every last cancer cell. It is up to your immune system to eliminate all remaining traces of cancer in order to prevent a recurrence.

Having a strong and active immune system is therefore a key component to enjoying true health. Diet, nutrition supplements, hormonal balance, and emotional balance all must be implemented to fully support your immune system.

Important for Healthy Blood Vessels

SYNERGY K

by Pure

- Supports normal bone health
- Necessary for proper blood clotting
- Blend of Vitamin K



“Vitamin K” is a term that actually describes a whole family of vitamins including vitamin K1, K2, K4, and K7, to name but a few. This family of compounds is important for good health. Many people know vitamin K for its importance in helping blood to clot when skin is cut or injured.

But vitamin K is also important for maintaining healthy bones and blood vessels. Researchers have demonstrated the importance of vitamin K

supplementation in helping patients with osteoporosis to rebuild normal bone tissue. Other research has shown that vitamin K supplements can help patients with hardening of the arteries and vascular disease. Specific vitamin K molecules have been found to help keep blood vessels youthful and pliable.

Synergy K is a blend of vitamin K molecules that can help support patients with these health concerns and those with deficiencies documented on blood testing. It is important to use a properly balanced blend of vitamin K in order to maximize clinical benefits.

Usual dosage: Take one to two capsules daily with meals.

PRODUCT #	SIZE
251	60 cap



Lowers Total Cholesterol

PANTHEON

by My Best Health

- Raises HDL (Healthy cholesterol)
- Lowers triglycerides
- Helps liver detoxify
- Treats fatty liver
- Prevents hangovers



Pantheon contains pantethine, a vitamin-like substance the body uses primarily in the liver and the adrenal glands (the “stress” glands). Clinical studies have proven the effectiveness of pantethine in lowering cholesterol. Pantethine appears to work much like the “statin” drugs but without any of the side effects of prescription medication.

Fatty liver occurs when people eat a diet too rich in carbohydrates. This includes foods such as sugar-sweetened foods (cookies, cakes, ice cream, frozen yogurt), fruit (yes, you can eat too much fruit), fruit juices, grains (breads, cereals, pasta, rice, crackers), and alcoholic beverages. Doctors used to think that a fatty liver was no big deal. Now we know that a fatty buildup in the liver damages the liver. This damage can be severe and lead to cirrhosis and liver failure.

Fatty liver is now one of the main causes of liver failure and one of the top reasons people need liver transplants. Scary that you can get this sick from eating one too many Pop Tarts.

Along with a change in diet, Pantheon can help treat fatty liver.

Pantheon also works to help the liver detoxify alcoholic beverages to reduce hangover symptoms. To do so, Pantheon should be taken 30 minutes before drinking alcoholic beverages like beer, wine, and liquor.

Some patients who have Candida overgrowth in their intestines also complain of brain “fog,” a feeling of mental cloudiness and fatigue. These symptoms may come from toxic chemicals released by the Candida and picked up by the liver. Pantheon works to help the liver get rid of these toxic chemicals before they cause any alteration in brain function.

PRODUCT #	SIZE
337	50 tab

Powerfully Nutritious Fruit

POMEXCELLENT

by Health Concerns

- **Active for high blood pressure and blood sugar**
- **Addresses high cholesterol**
- **Good for patients with prostate enlargement or infection**
- **Supports normal heart function**
- **Important for patients with prostate, breast, colon, and skin cancers**
- **Directs healthy levels of leptin, a fat building hormone**
- **Targets arteriosclerosis**

Pomegranate is a powerfully nutritious fruit for patients with concerns about heart disease, arteriosclerosis, high blood pressure, and cancer. This potency comes from pomegranate's superior antioxidants which are more concentrated and potent than those found in red wine, blueberries, green tea, and oranges.

PomExcellent is an all-natural concentrated, full spectrum pomegranate extract that provides all of the

Amazing Antioxidants

Antioxidants are phytochemicals (nutrients), vitamins and other naturally occurring substances found in natural foods that protect our cells from the damage caused by free radicals. Free radicals are formed as part of our natural metabolism, but also by environmental factors, including smoking, pesticides, pollution and radiation. As well as the artificial ingredients and overly processed foods commonly found in the Standard American Diet (SAD).

Free radicals are unstable molecules that easily interact with essential molecules of our body, including DNA, fat and proteins. When a free radical attacks a healthy molecule, it will then become damaged, causing a domino effect of cell destruction. Antioxidants have the ability to neutralize free radicals without becoming damaged themselves. Several anti-oxidant studies have shown that phytochemicals/ antioxidant activity may support heart health and reduce the risk of cancer.

For your best chance at staying young and avoiding disease, use nutritional supplements, eat/breathe/drink as cleanly as you can, and reduce the impact of stress on your emotional health using a healing discipline that rings true to you. Clear your mind and body of the stress and "toxins" that are or could be making you sick. With our Anti-Aging regimen, you get a fresh start, and from this new beginning, you will be able to better sense which parts of your life and diet are affecting you both positively and negatively.

benefits of the pomegranate with none of the fruit sugars and calories.

Clinical studies have demonstrated pomegranate extract to lower leptin (a fat building hormone) levels, reverse heart disease, improve heart function and circulation, lower blood pressure, normalize high blood sugar, and slow down cancer growth, particularly prostate, breast, colon, and skin cancer.



Usual dosage: Take two (2) capsules two to three times daily with meals.

PRODUCT #	SIZE
282	60 tab

Chaga

One of the most potent medicinal mushrooms. Contains many nutrients that stimulate the immune system.

Coenzyme Q10

A powerful anti-oxidant that helps to block oxidative damage to the blood vessels, heart, kidneys, and brain.

Coriolus-PS

A mushroom extract that has been known to boost the immune system to a level necessary to destroy cancer cells.

Host Defense

A blend of 16 of the most powerful, best studied medicinal mushrooms. Boosts key aspects of immune strength by 400%.

ImmunoStat

A high potency beta glucan, a complex carbohydrate that studies have shown can powerfully stimulate the immune system and help your body kill cancer cells, bacteria, viruses, and fungi.

Sprout Shield

Sprout Shield contains the most abundant source known of isothiocyanates, a natural chemical that helps the body fight cancer, detoxify, provide superior anti-oxidant protection, and helps arthritis patients

Thea-Stat

A powerful concentration of the most powerful antioxidants found in green tea.

Natural Fiber that Lowers Cholesterol

LIPOSURE

by My Best Health

- **Helps with hormone-related hair loss in men and women**
- **Reduces symptoms of an enlarged prostate**
- **Immune booster**



LipoSure is a natural supplement that contains a natural fiber, beta-sitosterol, that is found in fruits and vegetables. Clinical research has proven that medicinal doses of LipoSure can lower cholesterol without the side effects of prescription medications like the “statin” drugs. For patients who want to lower their cholesterol naturally or have had side effects with cholesterol medications, LipoSure is an

important supplement because it specifically lowers the LDL (or “lousy”) cholesterol that causes plaque buildup in arteries.

For men and women who are balding, LipoSure contains ingredients that can help treat hormone-related hair loss. LipoSure can be used as part of a comprehensive natural hair loss prevention and restoration with our other hair support supplements which include Biotin, HSN Pro, and Maiden Fare.

This same hair-saving action has also been shown in clinical trials to help men with symptoms of a swollen prostate. These symptoms include weak urinary stream, post-void dribbling, frequent urination, night-time urination, and incontinence. LipoSure helps to treat these symptoms without the side effects of prescription medication.

Endurance athletes (such as triathletes and marathoners) put so much energy into their sport that not much is left for other important functions such as the immune system. Endurance training also causes a lot of wear and tear due to a buildup of inflammation. LipoSure has been shown to reverse these effects and help restore immune function and reduce inflammation in endurance athletes.

HOW IT HEALS:

Blood cholesterol comes from two sources: cholesterol that which is made in the body (liver) and cholesterol that is in the food we eat. To lower blood cholesterol levels, you either need to reduce production of cholesterol by the liver or block some of the cholesterol in the diet from being absorbed.

In the lining of the intestine there are microscopic

gates that allow specific nutrients to be absorbed. There are gates for cholesterol, proteins, vitamins, and many other nutrients. These gates open during the digestion of a meal to allow the nutrition to enter the blood stream.

LipoSure contains a cholesterol look-a-like molecule that blocks the “cholesterol gate” and prevents cholesterol from the diet from being absorbed. By doing so, LipoSure can lower blood cholesterol levels by preventing cholesterol in the gut from getting into the blood.

Bile from the liver helps us digest the fat that we eat. One of the main ingredients of bile is a type of cholesterol. This cholesterol also gets mixed into the food that we eat while it is getting digested. LipoSure also blocks this liver-made cholesterol from getting completely absorbed, and this effect helps to further reduce cholesterol blood levels.

Balding in men and women is often caused by the male hormones, testosterone and DHT, attacking the hair root. This causes the hair to become thinner over time. Without treatment, the hair follicle eventually shrivels up and stops making more hair, which causes balding in men and some women.

LipoSure blocks testosterone and DHT from attacking the hair follicle. This preserves the hair follicle and helps treat the cause of balding.

This same blocking effect also helps LipoSure work for patients with symptoms of an enlarged prostate. As the prostate gets bigger, it prevents the bladder from working normally. Prostates get bigger for many reasons as men age, chief among them is a poor diet and toxic buildup inside the prostate. In this setting, testosterone may compound the problem of an enlarged prostate and LipoSure helps to relieve some of this pressure from testosterone on a swollen prostate.

By relieving this pressure, the prostate can work better and the symptoms of an enlarged prostate (weak urinary stream, post-void dribbling, frequent urination, night-time urination, and incontinence) can improve without the side effects of prescription medication.

LipoSure can also stimulate the immune system, and its ingredients have been shown to stop colon cancer cell growth and to enhance the strength of certain cells (T cells) of the immune system. Many endurance athletes (particularly marathon runners) weaken their immune systems and create lots of inflammation due to the strenuousness of their sport. LipoSure can reduce the some of the negative side effects of endurance training.

PRODUCT

SIZE

298

60 cap