

"Building Good Health - Naturally"™

# Vitality

## OPPORTUNITY CATALOG 2003

Physician Formulated  
Natural Products That  
Keep You In Great  
Health!

### 3 - EXCITING PRODUCTS !

**NEW**

#### #1015 Cardio-Cosanol® -

Lower your cholesterol levels-  
Naturally and Safely while  
protecting your heart! *(see page 3)*

#### #1003 Vision Formula-

Exciting new product that can  
improve and protect your Vision in  
90 days or less! *(see page 4)*

#### #170 Beautiful Skin Transformation Package-

Repair and reverse the damages of  
aging instantly. Notice visible results  
in a matter of a few days! *Experience  
the wonders of powerful antioxidants for  
your skin! (see page 4)*





# *A Different Approach...* Rather than treating the symptoms of disease and illness, Vitality offers you a different approach to *building good health*.



Gary Paulsen  
President

Vitality offers you a wide variety of all natural **Physician Formulated** supplements that are based on the very best that science and nature have to offer. We believe that by giving your body these important and needed nutrients, *your body can build long lasting good health*.

We offer you the **Highest Quality of Life**. For more than 15 years, Vitality has been providing the natural alternatives that allow you to build truly long lasting good health. Simply stated, *use Vitality products and you will feel the difference they make to your good health*. Guaranteed.



Dr. Robert Preston  
Naturopathic Physician

We are committed to providing you with all the best that science and nature have to offer. Since we control and manufacture all of our products, you can use them with confidence knowing that they will work as claimed and that you are getting the highest quality, highest purity ingredients available. Vitality products are the best that you can buy.

Not only are we committed to providing you with product excellence, we also feel it is very important that we provide you with the education and knowledge that you need to make informed health decisions for yourself and those you care about.

We offer you with pride, the Physician Formulated Vitality products- *Enjoy Life and All the Vitality it Has to Offer!*

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## How to Use This Catalog- *Our Commitment to Knowledge and Truth*

*Building great health.* That's what the physician formulated Vitality products are all about.

With over 90 different and unique physician formulated products, Vitality has something for everyone. Sometimes it may seem difficult to figure out exactly which products are best for you. This catalog lists every product in numerical order so you can find the product you are looking for *fast*. With each product listed in this catalog, is a brief description of the product and what it is designed to do.

Due to the limitations of space, unfortunately we can not provide all the product information we would like to include in this catalog. If you have any questions about our fine products, please don't hesitate to contact us because we care and we are here to help you in any way we can. Make sure you also take a look at pages 17 and 18 and see all of the educational tools and reports we have to offer.

If you really want to develop a solid understanding of how these important nutrients can be used to build long lasting good health, we strongly recommend that you purchase the Complete Product Overview and Physicians Guide found on page 18 of this catalog. These books were written by Dr. Robert Preston and designed to give you all the information you need about every product. In addition, you will likely find the Physicians Guide very interesting and helpful as well as a thought provoking discussion of many of the common diseases and ailments, the causes and what nutrition is best used to combat the problem. While this book was intended to be a reference guide for physicians, you will find it very well written and easy to understand. Both of these publications are written by Dr. Robert Preston on behalf of the International Institute of Nutritional Research (IINR). The IINR serves as a source of knowledge and education for people who want to learn and understand how to use good nutrition to build lasting health based on proven scientific fact.

# 3 Exciting **NEW** Products !



## 1. Cardio - Cosanol® Policosanol

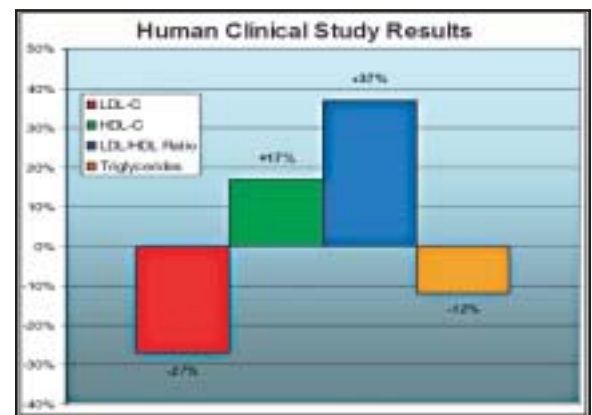
### Lowers Dangerous LDL Cholesterol Fast!

Clinical Studies Prove in 90 Days or Less, *You Can:*

- Lower Dangerous LDL Cholesterol Levels by -27%
- Raise Beneficial HDL Cholesterol Levels by +17%
- Greatly Improve the Overall Ratio of LDL / HDL Cholesterol by +37%
- Lower Triglycerides by More than -12%
- Protect Your LDL Cholesterol from Dangerous Oxidation
- Protect Your Heart and Arteries From Damage
- Proven Results by Over 50 Clinical and Scientific Studies



2 capsules a day is all it takes for these proven benefits



**ALL WITHOUT ANY DANGEROUS  
DRUGS OR SIDE EFFECTS**

### CARDIOVASCULAR DISEASE – It is still America’s Number One Killer!

It doesn't matter whether strokes and heart disease "run in your family" or not, the chances are much greater that you will die from damaged, hardened and clogged arteries that cause heart attacks and strokes than from any other disease or illness.

**HALF of all HEART ATTACKS end in DEATH PRIOR to Reaching a Hospital !**

For millions of people, changing their diets is simply not enough to lower high cholesterol levels, and for good reason. Most people don't realize that a very small amount of their cholesterol is actually coming from the foods they eat. Your body actually manufactures greater than 80% of all your cholesterol.

Cholesterol is actually a very important Lipoprotein that your body uses to transport glucose to the cells including the heart, to burn for energy. In addition, cholesterol is the vehicle by which many important hormones are manufactured and also transported.

High cholesterol is not the real problem when it comes to heart disease. The real problem is LDL cholesterol that has become oxidized which leads to arterial damage and the development of heart disease, heart attacks, strokes and reduced circulation. Cardio- Cosanol® helps to protect LDL cholesterol from oxidation in addition to the many other numerous health benefits!



*\* If you are concerned about high cholesterol levels and heart disease we strongly suggest that you read the report written by Dr. Robert Preston titled "The Complete Truth About Cholesterol" published by the International Institute of Nutritional Research. Reading this report will explain in easy to understand language everything you really need to know to manage cholesterol and prevent heart disease. (see page 18 for more information)*

**#1015 Cardio-Cosanol®**  
60 capsules

**Sugg. Retail- \$38.40**  
**Your Price- \$31.95**

Suggested Use: 1 capsule twice daily. PV is 27

# 3 Exciting **NEW** Products !

## 2. #170 Age Reversing Butterfly Naturals

### An Amazing Transformation to Beautiful Skin



Every day your skin is exposed to harmful free radicals, from numerous sources, that damage your cells. Over time as the damage accumulates, you see it in the effects of aging. Wrinkles, skin discoloration, uneven skin tones, inflammation, acne and even age spots can all be the end result.

#170 Age Reversal Package is loaded with wonderful antioxidants and important cell nutrients like the fermented soy found in our Ultimate Cell product! Once you begin using the 3 step program, you will feel, and your friends will even notice, a visible difference immediately. Your skin will

feel much more flexible and you will also feel your skin tightening slightly as these wonderful antioxidants get to work within 30 minutes of application! Pores begin to shrink, discoloration begins to disappear and the wrinkles start to fade and disappear as well as you turn back the hands of time. The effects of #170 Age Reversal Formula can be felt immediately and it lasts all day long. Using this exciting new Age Reversing program, you will enjoy the healthy and youthful skin you want, turning back the effects of time as you experience your own personal beautiful skin transformation! *PV is 64.90*



Suggested Use: Use the entire 3 step program first thing in the morning and last thing in the evening before you go to bed. It's that simple. (For more information see pages 6 and 7)

Sugg. Retail \$ 81.00      **Member Price \$ 64.90**

*\*Save \$10 compared to purchasing these items separately !*

## 3. #1003 Vision Repair Formula



Serious problems with the eyes, which impairs and even destroys vision, can occur at any age. However they occur far more frequently as people enter their senior years. As a result, such conditions as *cataracts, glaucoma, macular degeneration, retinal detachment, retinopathy* and *night blindness* are often referred to as "age related" conditions. Conditions which are dismissed by conventional medicine as being a natural part of growing older and something you just have to learn to put up with as you age.



There are two errors found within the conventional medical concept that these conditions are just a part of growing older and that there is nothing that can be done to correct them.

**First, these conditions are NOT the result of growing older. They are the end result of the consequences of nutritional inadequacies as they accumulate over the years.**

**Second, there is a great deal that can be done nutritionally to prevent, repair and reverse these conditions, even in old age.**

#1003 Vision is loaded with all the important nutrients your body needs to restore and improve your vision abilities. Nutrients like: Bilberry Extract, Anthocyanidins, Quercetin, Lutein with Zeaxanthin, Lycopene, Vinpocetine, Ginkgo Biloba Extract, Resveratrol Extract, OPC 2000, Alpha Lipoic Acid, N-Acetyl Cysteine and 9 other beneficial nutrients besides! *PV is 21*

Suggested Use: Two capsules twice daily with meals.

Sugg. Retail \$ 43.70      **Member Price- \$ 36.40**



*\*( Special report available from IINR. See page 18 for details.)*

**#101, 102 Beta Immune Activator™ (30 or 60 capsules)**



Activate your immune system and eliminate Common Colds, Pneumonia, Flu Viruses, Sinus Infections, Bronchitis, Bacterial Infections, Yeast Infections, Chronic Coughs, Cancer, Tumor Cells and thousands of other health problems. These are all conditions that your healthy and activated immune system will search out and destroy.

Your immune system is more powerful than any drug, and it fights this battle for your survival every minute of every day of your life to keep you healthy. Most of the time your immune system is successful and you don't even notice all the battles it wages and wins. Other times your immune system is overwhelmed, and that is when you really feel it in the form of colds, flus, fevers, fatigue, and even deadly diseases like cancer.

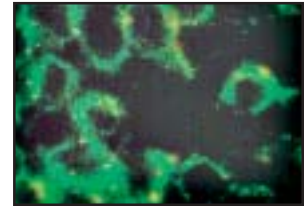
*Beta Immune Activator™* is an all natural patented product that has been scientifically proven to activate your macrophages located throughout your body, so that they are much more aware of invading organisms.

Once your activated macrophage has identified a harmful invader, it may attack and ingest the pathogen itself or it may call for additional help from other powerful natural immune system weapons like *B-Cells, Killer T-Cells, Antibodies, Lactoferrin, Immunoglobulins* and a host of powerful *Immune System Chemicals* as needed to attack and destroy a harmful pathogen before it destroys your health. *PV is 30 and 61.90*

Suggested use: 1 or 2 capsules daily to keep your immune system in good shape. If you suffer from serious health problems, you may need 4 to 6 capsules per day depending on your circumstances or as directed by your physician.

**Each capsule provides you with 10 mg. of pure Beta Immune Activator - Beta Glucan.**

Sugg. Retail	#101 (30 capsules)-	\$ 43.75	<b>Member Price- \$ 35.00</b>
	#102 (60 capsules)-	\$ 85.95	<b>Member Price- \$ 68.75</b>



**"An Activated Macrophage"**

These bright spots are actually macrophages that have been activated by *Beta Immune Activator™*.

They are activated and attacking a serious E. Coli infection.

**#103, 104 OPC 2000 with Resveratrol (60 or 180 capsules)**



OPC 2000 is the most powerful antioxidant known to neutralize those dangerous free radicals before they can damage your cells and arterial walls, which leads to heart disease and many other degenerative diseases.

Scientists now estimate that your cells are designed to live approximately 120 years. In spite of this, the average life-span is only 70 to 80 years. Something is attacking your healthy cells and they are prematurely dying off long before 120 years. That something is free radicals. You can't escape them, but you can control them. If free radicals are damaging your healthy cells, and they are dying off without being replaced by healthy new ones, the effects of aging really start to show in your appearance and in your level of health.

Our OPC 2000 is extracted from grapes using a special water based process and the final product also contains natural Resveratrol, an important nutrient that has shown very good protective benefits for your arteries and potential anti cancer/tumor benefits. Each capsule supplies 50 mg. of OPC and 23 mcg of Resveratrol. *PV is 23.95 and 69.85*

Suggested Use: 3 or 4 capsules daily as a maintenance dose or as directed by your physician.

*\*( Special report available from IINR. See page 17 for details.)*



Sugg. Retail-			
#103(60 capsules)	\$ 29.95	<b>Member Price-</b>	<b>\$ 23.95</b>
#104 (180 capsules)	\$ 87.30	<b>Member Price-</b>	<b>\$ 69.85</b>

**#105, 106 Ultimate Cell™ (60 or 280 capsules)**

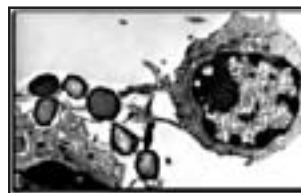
Your entire body is made up of billions and billions of living cells. Each one of these living cells is actually a "unit of life," your life! The more healthy living cells you have, the greater is your overall health and youthfulness.



Normal cells perform many life giving functions every day. Eventually they are used up and as they die off they reproduce replacement cells to continue where they left off. Normal healthy cells can reproduce more healthy cells. Damaged and diseased cells do not produce healthy cells they reproduce more damaged or diseased cells, or no cells at all. The faster that you lose healthy cells without replacements, the faster the visible and physical signs of aging and degenerative disease are on you.

Ultimate Cell™ is a patented and exclusive Vitality product formulated by Dr. Robert Preston to contain many important nutrients that can be used by your cells to protect and repair themselves from damage. Damaged cells can lead to serious degenerative diseases and health problems including:

- **Diabetes**
- **Cancer**
- **Heart Disease & Strokes**
- **Lack of Energy**
- **Premature Aging**
- **Congestive Heart Failure**



**Actual photograph of NK Killer Cells attacking and destroying a cancerous cell.**

and literally thousands of degenerative and age related diseases.



Ultimate Cell is a patented product designed to provide human cells with important nutrients they can use to repair and protect themselves and burn glucose for the creation of energy much more efficiently. *PV is 45 & 185*

Suggested Use: 2 or 3 capsules twice daily with meals. For those who suffer from serious health problems dose can be increased substantially.

#105 Ultimate Cell™ (60 capsules)  
Sugg. Retail \$ 66.00 **Member Price- \$ 55.40**

#106 Ultimate Cell™ (280 capsules)  
Sugg. Retail \$ 294.00 **Member Price- 245.50**



*\*( Special reports available from IINR. See page 17 for details.)*



**#135 Balance Cream ( 2 oz.)**

Natural Progesterone cream that you can apply topically to help balance your hormones. Part of the #200 Complete Balance Program. (see page 8 for more information) *PV is 17.20*

Suggested Use: Apply 1/4 to 3/4 teaspoon to soft skin regions once or twice daily as needed.

Sugg. Retail \$ 21.50 **Member Price- \$ 17.20**

*\*( Special report available from IINR. See page 17 for details.)*



**#150 Noni (60 capsules)**

Noni is a tropical fruit that has many beneficial phytonutrients for humans. Noni may be used by your body to stabilize and protect enzyme activity which is critically important to your good health and to control high blood sugar levels for many diabetics.



Our Noni is freeze dried and concentrated with no artificial colors, flavors or sweeteners to dilute the potency. We also add important enzymes to help insure that the Noni is utilized for maximum health benefits. *PV is 40*

Suggested Use: 1 or 2 capsules twice daily before meals.

Sugg. Retail - \$50.00 **Member Price- \$40.00**

*\*( Special report available from IINR. See page 17 for details.)*



**#155 Gentle Cleansing Formula (6 fl. oz.) STEP #1**

Step #1- If you want to enjoy youthful and healthy skin, the first place to start is to eliminate all harsh cleansers and scrubs. They only serve to irritate your sensitive skin cells and increase inflammation and damage. The end result of this inflammation is seen as the visible effects of aging- wrinkles, discoloration and tired looking skin.



#155 Gentle Cleansing Formula is a pH balanced cleanser with protective antioxidants. Use Gentle Cleanser every time you wash your face and notice how much healthier your skin feels and how Gentle Cleanser does not dry out your skin like soap can. *PV is 12.95*

- *Stop irritating your skin with harsh or abrasive cleansers*
- *Gently cleanses your skin while powerful antioxidants soothe and protect*
- *Helps to eliminate redness from irritation*

Suggested Use: Pour a small amount of Gentle Cleanser into your hand (about the size of a quarter) and work into a slight lather. Apply to your face and rinse. Gently towel dry your face being careful not to irritate your skin.

Sugg. Retail \$ 15.00 **Member Price- \$ 12.95**

**#160 Intensive Skin Firming -Age Reversing Formula (2 oz) STEP #2**

Step #2- Once you have gently cleansed your skin cells with the Gentle Cleansing Formula, you are now ready to put the powerful and synergistic combination of antioxidants and important nutrients to work! Give your skin cells what they need to protect and repair themselves from the damages of time and dangerous free radicals. #160 Intensive Skin Firming Formula when used as part of the 3 step transformation package will generate results immediately. It is very common for users to report that they can feel their skin firming within 30 minutes of applying.



- *Reverses the visible effects of aging*
- *Firms and tightens skin*
- *Reduces skin pore size*
- *Eliminates wrinkles*
- *Restores healthy skin color*
- *Soothes and protects, while eliminating redness*
- *Gives your skin cells the important nutrients and antioxidants they need to reverse the damage and provide protection from aging*



#160 Intensive Skin Firming Formula is loaded with antioxidants and nutrients that can be taken up by your cells and used to repair and protect themselves from damage and the aging process. Nutrients like Cell magnifique- patented fermented soy extract, Vitamin C, Co Enzyme Q-10, Colostrum, OPC 2000 and many other beneficial nutrients too numerous to list! *PV is 35.90*

Suggested Use: After washing your face with the Gentle Cleanser Formula, apply Intensive Skin Firming Formula to your skin and massage into skin slightly. You can apply larger amounts to problem areas that may need more. Within a minute or two, you will notice that the Intensive Skin Firming Formula has penetrated deep into your cells where it can really provide its amazing benefits. You are now ready for the final step #3.

Sugg. Retail \$ 45.00      **Member Price- \$ 35.90**



### #165 Miracle Skin Repair Formula - Moisturizer, Protectant and Activator (2 oz.) *STEP #3*

Step #3 -Powerful skin nutrients, antioxidants and moisturizers that reverse the damages and effects of aging especially when used as part of a complete trio of products #170 Beautiful Skin Transformation Package -featuring #155 Gentle Cleanser Formula, #160 Intensive Skin Firming Formula and #165 Miracle Skin Repair Formula #165.

Miracle Skin Repair Formula #165 is the third part of a total and comprehensive skin cell repair package that will restore a youthful look to your skin while reversing the visible signs of aging. Loaded with special nutrients and antioxidants, Miracle Skin moisturizes your skin while serving to fully activate the potential of #160 Intensive Skin Firming- Age Reversing Formula. *PV is 25*

- *Fully activates all the ingredients found in #160 Intensive Skin Firming Formula*
- *Increases skin thickness and elasticity*
- *Provides valuable and important moisturizers and antioxidants*
- *Helps repair scarring*
- *Soothes and Protects your skin all day long*



Suggested Use: Apply cream morning and night daily to provide your skin with important antioxidants and nutrients.

Sugg. Retail - \$ 32.80      **Member Price- \$ 27.40**

## #170 Beautiful Skin Transformation Package



If you want to reverse the effects of aging and damage already done to your skin, or you want to protect your skin from the damages of free radicals and aging, then you want #170 Beautiful Skin Transformation package. It's a great way to get all 3 products and save money at the same time. Using the 3 products according to directions will dramatically improve and speed up your results.



Follow the 3 steps twice each day, once in the morning and again in the evening before you go to bed. *It's that simple.*

Your skin will benefit from all the repair work it can do with those nutrients and antioxidants. Enjoy the healthy and youthful looking skin you know you really should have. Your skin will regain its normal healthy coloration, increased thickness and elasticity as wrinkles disappear and you turn back the hands of time.

Having these nutrients available to your skin cells throughout the day will also help to protect them from further oxidative and free radical damage, a major source of aging and degenerative disease. *PV is 64.90*

**Save \$10** compared to buying each product separately!

Sugg. Retail- \$ 81.00      **Member Price- \$ 64.90**



### #180 Healthy Skin Formula (180 capsules)

Your sebaceous glands in your skin are responsible for manufacturing a high quality oil that is supposed to lubricate your hair shafts and help keep your skin moist and prevent it from drying out and wrinkling.

One of the many important nutrients that your sebaceous glands need is Vitamin A. If your sebaceous glands do not get the important nutrients they need, the oil they manufacture can become sticky and actually clog your pores which traps bacteria inside and can lead to the development of acne and other skin problems.

Vitamin A must be converted by your body into a usable form. Because Vitamin A is a fat soluble vitamin, it can be stored in your tissues and build up over time and actually become toxic.

As long as you have plenty of Vitamin B-2 available, your Vitamin A can be fully utilized by your body to give you beautiful skin without any Vitamin A toxicity. *PV is 24*

Suggested use: 2 capsules daily with meals  
Sugg. Retail- \$ 47.45 **Member Price- \$ 31.95**

### #200 Complete Balance Program

#200 Complete Balance Program is a very popular combination of all natural products designed to help women feel their best by bringing their hormone levels back into balance *naturally*. That means no side effects, just results. Use the complete program for just 1 month and you will be amazed at how good you will feel. *PV is 45*



*Suggested use:* #3027 Mag Six- two capsules twice daily with meals.  
#135 Balance Cream- Apply 1/4 to 3/4 teaspoon to soft skin regions once or twice daily as needed.  
Sugg. Retail \$ 56.25 **Member Price- \$45.00**



*\*( Special report available from IINR. See page 17 for details.)*

### #1001 New Generation Daily Vitamins & Minerals (180 capsules)

A complete nutritional supplement that contains over 50 essential vitamins, minerals, trace minerals, amino acids and herbs. Everything you need for daily nutritional support in a complete and well balanced formula. *PV is 13.85*



Suggested Use: 4 capsules with a meal two or three times daily.  
Sugg. Retail \$ 24.00 **Member Price- \$ 19.20**

### #1002 NF 240 (240 tablets)

A special combination of nutritional factors including cysteine and vitamin C designed to help your body maintain a healthy circulatory system. *PV is 25.15*

Suggested Use: 3 to 4 tablets twice daily with meals  
Sugg. Retail- \$ 45.50 **Member Price- \$36.40**



### #1003 Vision Formula (120 capsules)

A very special formulation created by Dr. Robert Preston that gives your eyes the important nutrients they need to improve and protect your vision. *See page 4 for complete details. PV is 21*



Suggested Use: 2 capsules twice daily with meals.

Sugg. Retail - \$ 43.70 **Member Price- \$ 36.40**



*\*( Special report available from IINR. See page 18 for details.)*

### #1005 Serenity - (90 capsules) Stress Management Formula

Daily stress and tensions of life can deplete your body of important nutrients including the entire "B" family of vitamins. Serenity is a popular combination of 12 different vitamins and 5 special herbs that can have the unique and synergistic ability to not only replace the nutrients you lose due to stress, but they can also help to keep you calm in the midst of a stressful situation. *PV is 9.50*



Suggested Use: 4 capsules daily with a meal.  
Sugg. Retail \$ 16.70 **Member Price- \$ 13.35**

### # 1006 LIFETIME (360 Tablets) The Ultimate Daily Supplement

The ultimate product for anyone who is committed to the idea that prevention is the secret to long term health! Life Time is a unique high potency, well balanced nutritional supplement designed for optimum health. Life Time contains all the essential vitamins and herbs, plus special and exciting ingredients like L- Carnitine, Co Enzyme Q-10 and over 30 others! A serious supplement for those who want to get serious about their good health. *PV is 24.90*



*Suggested Use:* Lifetime is a very potent multi vitamin and mineral supplement. For the first 15 days we suggest 3 tablets twice daily to allow your body to get used to the product. After that you could use up to 6 tablets twice daily with meals for maximum results.

Sugg. Retail \$ 73.45 **Member Price- \$ 58.75**

**#1007 LIFETIME (180 Capsules)**  
**The Ultimate Daily Supplement**

Same great product as #1006 but in a convenient capsule form. Each capsule is equivalent to approximately 1/2 of a Lifetime tablet. #1007 is all the same great nutrients found in the tablet but in a convenient and easy to swallow capsule form. *PV is 6.70*

Suggested Use: 6 capsules twice daily with meals.

Sugg. Retail - \$ 20.00    **Member Cost- \$ 16.00**



**#1008 Angio Support (180 capsules)**

A special formulation of vitamins, minerals and amino acids designed to provide nutritional support to maintain a healthy and disease free heart and circulatory system. This formulation is based upon the patented research of Dr. Linus Pauling regarding the removal of harmful plaque with special nutrients that your body can use to repair itself and prevent heart disease from developing. *PV is 32.80*

Suggested Use: 2 to 4 capsules 3 times daily with meals.

Sugg. Retail- \$41.00    **Member Price- \$ 32.80**

**#1009 Healthy Flora (120 capsules)**

A very high potency therapeutic strength of Lactobacillus designed to restore an unhealthy intestinal flora back to normal. Healthy Flora is a highly stabilized form of lactobacillus sporogenes in a convenient capsule. Unlike other forms of acidophilus that frequently lose as much as 90% of their live and beneficial organisms, Healthy Flora has a unique and natural coating that protects it from degradation. This means that you get a highly potent and stable form of the good intestinal flora where you need it the most. Over 960 million live organisms per capsule! *PV is 17.50*

Suggested Use: 2 or 3 capsules before each meal daily to rebuild healthy intestinal flora.

Sugg. Retail \$ 21.90    **Member Price- \$ 17.50**

**#1012 Colon Health Formula (120 capsules)**

- Eliminate Constipation
- Restore Healthy Digestion
- Significantly Lower Your Risk of Colon Cancer and Polyps
- Increase Energy Levels
- Eliminate Dangerous Toxins
- Minimize Chronic Infections
- Create an Environment that is Not Hospitable for Dangerous Pathogenic Organisms



**#1012 Colon Health Formula** was formulated by Dr. Robert Preston ND and is designed to help eliminate constipation and to restore the normal healthy flora that you need. **Daily use will help eliminate constipation and since it contains no stimulants or laxatives, you can and should use this product every day!**

Using this product daily will also help to restore normal and healthy flora levels in your intestines and colon which is absolutely essential to your good health and will help your body destroy harmful pathogens that may already exist. *PV is 15*

Suggested Use: 2 or 3 capsules twice daily before meals. Dosage can be increased or decreased to establish regularity as necessary.

Sugg. Retail    \$21.25    **Member Price- \$ 17.00**

\*( Special report available from IINR. See page 17 for details.)



**#2003 B- Complex (120 capsules)**

A well balanced and high potency blend of vitamins B-1, B-2, B-6, B-12, Niacinamide, Folic Acid, Biotin, Pantothenic Acid, PABA, Choline, Inositol and a special base of herbs including-Wheat Germ, Goldenseal, Sarsaparilla, Chamomile, Papaya, Watercress, Kelp, Parsley, Alfalfa, Cabbage, Rose Hips, Acerola Cherry and Liver Substance. *PV is 5.15*

Suggested Use: 1 capsule two or three times daily with meals.

Sugg. Retail \$ 11.25    **Member Price- \$ 9.00**

**#2004 Pantothenic Acid (90 capsules)**

Pantothenic Acid, also known as "the stress vitamin" is the nutrient first used by your adrenal glands, and in the greatest amount along with vitamin C when you are faced with any kind of stress. During those stressful times, supplementing your adrenal functions with Pantothenic Acid may be an excellent idea.

Pantothenic Acid is also required to manufacture Co Enzyme A which is a key factor in the metabolism and energy generation of every cell in your body. *PV is 4.15*

Suggested Use: 1 capsule daily with meals.

Sugg. Retail    \$ 11.25    **Member Price- \$ 9.00**

**#2008 Vitamin C Time Released- (60 tablets)**

1,000 mg of Vitamin C in a special time-release tablet form. *PV is 5.65*

Suggested Use: One to two tablets daily.

Sugg. Retail    \$ 10.25    **Member Price- \$ 8.20**

**#2009 Vitamin C 500 mg. (120 capsules)**

500 mg. of Vitamin C in a convenient capsule form. *PV is 4.55*

Suggested Use: 1 to 3 capsules daily with meals

Sugg. Retail    \$ 9.90    **Member Price- \$ 7.90**



**#2010 Super C with A & Cayenne (100 capsules)**

400 mg. of Vitamin C, 2,750 IU of Vitamin A, 40 mg. of Cayenne and 4.5 mg. of Citrus Bioflavonoids in a convenient capsule form. *PV is 4.55*

Suggested Use: 1 to 3 capsules daily with meals.  
Sugg. Retail \$ 9.00      **Member Price- \$ 7.20**

**#2011 Fruity Bitra C - (90 Chewable Tablets)**

Delicious and nutritious. A very tasty chewable tablet of 125 mg of Vitamin C with Bioflavonoids and Rose Hips. Perfect for children and adults alike. *PV is 3.50*

Suggested Use: Chew one to three tablets daily as a good source of Vitamin C.  
Sugg. Retail \$ 5.95      **Member Price- \$ 4.75**

**#2014 Vitamin E (90 capsules)**

Vitamin E is an important antioxidant that serves to help protect your heart from damage that can be done due to dangerous free radicals. 200 I.U. of all natural Vitamin E the most effective form, in every gelatin capsule. *PV is 7.15*

Suggested Use: 1 to 3 capsules daily.  
Sugg. Retail \$ 13.25      **Member Price- \$ 10.60**

**#2016 Lecithin (200 capsules)**

Lecithin is a good source of phosphatidyl choline. Our lecithin contains a high level of phosphatidyl choline-16%. When combined with pantothenic acid, it becomes acetylcholine- the brain's most important neurotransmitter. Adequate levels of acetylcholine insure quick thinking and good memory skills. Lecithin is also beneficial in helping your body to lower cholesterol levels in your bloodstream. *PV is 6.05*



Suggested Use: 1 or 2 capsules daily with meals.  
Sugg. Retail \$ 12.05      **Member Price- \$ 9.65**



**#2018 Calcium Magnesium Liquid (16 fl. oz.)**

***Put an End to Painful Muscle Cramps!***

**One or two tablespoons of delicious Calcium Magnesium liquid while you are experiencing a muscle cramp -will put an end to the cramp in a matter of seconds!**

Calcium should always be taken with magnesium for optimum health benefits. Calcium Magnesium liquid is a proprietary blend of 5 different types of calcium, 3

different types of magnesium, phosphorus, vitamin D and the beneficial trace mineral- Boron.

An excellent product for anyone concerned about getting enough calcium in their diet, and for those who suffer from frequent muscle cramps. *PV is 6.55*

Suggested Use: 1 tablespoon daily or more if needed. *(Each bottle gives you approximately 32 tablespoon size servings.)*  
Sugg. Retail \$ 11.90      **Member Price- \$ 9.50**

**#2019 Calcium, Magnesium, Potassium (100 capsules)**

While calcium is the bulk of what your teeth and bones are made of, it is the magnesium which holds the calcium together making them strong. #2019 is a highly assimilated and well utilized combination of Calcium Lactate, Magnesium Gluconate and Potassium Chloride in a convenient capsule form. *PV is 2.90*



Suggested Use: 3 to 6 capsules daily with meals.  
Sugg. Retail \$ 6.55      **Member Price- \$ 5.25**

**#2020 Potassium Plus (180 capsules)**

Potassium is an essential electrolyte required by your body to convert glucose to energy and is required by your brain and nerve functions. Each capsule gives you 99 mg of Potassium, 100 mg of Pantothenic Acid, 5 mg of Vitamin B-6, 200 mg of Adrenal Substance and 5 mg of Licorice Root. *PV is 5*

Sugg. Retail \$11.60      **Member Price- \$ 9.25**

**#2024 Zinc Amino Chelate (150 capsules)**

Zinc is well known for its benefits in maintaining a healthy immune system. Zinc also helps to reduce the healing time from wounds and is very important for male prostate health and sperm cell count.

Recent studies indicate that supplementing with zinc when you have a cold significantly reduces the duration of the cold. Each capsule gives you 50 mg. of elemental Zinc from amino acid chelates that insure rapid digestion and assimilation for maximum benefits. *PV is 3.40*

Suggested Use: 2 capsules daily with meals.  
Sugg. Retail \$ 6.40      **Member Price- \$ 5.10**

**#3001 Multi Gland Male (90 capsules)**

Complete nutritional support for the male glandular system. Each capsule supplies 11 different glandular substances, PABA, RNA, Zinc, Glycine, Glutamic Acid and Alanine. *PV is 5.60*

Suggested Use: 1 capsule 3 times daily after each meal  
Sugg. Retail \$ 10.25      **Member Price- \$ 8.20**

### #3002 Multi Gland Female (90 capsules)

Complete nutritional support for the female glandular system. Supplies nine different glandular substances, PABA, RNA, Choline, and Pantothenic Acid in an easy to digest and convenient capsule form. *PV is 5.20*

Suggested Use: 1 capsule 3 times daily after each meal.

Sugg. Retail \$ 11.25 **Member Price- \$ 9.00**

### #3004 Prima Gest (100 capsules)

#### Good health requires good digestion.

The best diet in the world and all the finest Vitality supplements are of little benefit to you, *if you are not able to utilize them through good digestion.* **Good digestion is absolutely essential for good energy, good immune system health and good overall health.**

Prima Gest is a special combination of enzymes and nutrients that are normally found in your healthy stomach where they are used to break down the proteins and foods in your diet into important vitamins, minerals, fats and amino acids that your good health requires. The enzymes in your stomach are very different from the enzymes in your intestines and thus if they are not present in your stomach in adequate amounts, food will not be digested well and may pass directly into your intestines where complications can arise due to insufficient stomach digestion. (see #3019 Panzymes)

As you age your body produces less and less of these important stomach enzymes and your digestion suffers. If your digestion is not adequate, you can develop all sorts of problems including heartburn, gas, bloating and indigestion. Use Prima- Gest after meals to help make sure that your stomach digestion is strong and able to complete its part of the important digestion process. *PV is 4.65*

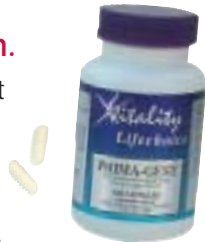
Suggested Use: 2 or 3 capsules daily after meals. *Prima Gest should not be used by those who have, or have had a gastric stomach or duodenal ulcer.* Sugg. Retail \$ 8.15 **Member Cost- \$ 6.50**

### #3006 Formula C-M Cardio Minerals (180 Capsules)

Magnesium, Potassium and Bromelain are all important nutrients for your heart and vascular system. While these special forms of Magnesium and Potassium can be utilized by your body to help relax your blood vessels and thus lower high blood pressure, you also benefit from the highly therapeutic strength Bromelain, which can be used to help dissolve harmful plaques that may have built up and restricted your blood flow. Cardio Min is designed to support a strong and healthy heart and to provide the nutrients required to help maintain normal blood flow pressure. *PV is 16.85*

Suggested Use: 2 capsules three times daily with meals.

Sugg. Retail \$ 26.50 **Member Price- \$ 21.20**



NEW AND IMPROVED FAST ACTING CAPSULE FORM!

### #3008 Imu Plus Colostrum (60 capsules)

Imu Plus is a convenient capsule form of colostrum. Our colostrum is the very best available and it comes exclusively from United States Bovine certified to be hormone and antibiotic free! Simple and very potent just as nature intended it to be.



Colostrum is loaded with important nutrients like *Transforming Growth Factor* for normal cell growth and repair, *PRP*- a special polypeptide that can help calm an overactive immune system as well as stimulate an underactive one, *Antibodies* and *Immunoglobulins* that fight and destroy dangerous microorganisms, *Nucleotides* that are the raw material used to build and repair the vital DNA and RNA of your cells, as well as *vitamins A, E and B-12* which are important for your immune system health. All of these nutrients are very important for a healthy and strong immune system to protect you. *PV is 12.25*

Suggested Use: 2 capsules two or three times daily one hour after meals.

Sugg. Retail \$ 17.00 **Member Price- \$ 13.60**

### #3009 Miracle Green Powder (7 oz.)

Wheat Grass, Barley Grass, Kelp and Brown Rice Flour in a powder that mixes easily with your favorite beverage. Loaded with Vitamins, Minerals, Amino Acids, Protein, Fiber, Chlorophyll and nutrients too numerous to list, Miracle Green is complex nutrition as it is naturally found in the young wheat and barley grass. Also available in a convenient capsule form #3020. *PV is 15.80*

Suggested Use: Place 1 level teaspoon in water or other beverage and drink.

Sugg. Retail \$ 26.70 **Member Price- \$ 21.35**

### #3010 Marine Lipids (90 Capsules)

Loaded with Omega -3 Fatty Acids and highly beneficial prostaglandins that can help to reduce the inflammation on the inside of your arteries and to reduce the tendency of your platelets and red blood cells to stick, clump and clot, which is heart disease. Marine Lipids is a natural source of EPA and the very beneficial DHA Fish Oil Concentrate in a convenient capsule form. *PV is 11.60*

Suggested Use: One or two capsules daily before a meal.

Sugg. Retail - \$ 17.65 **Member Price- \$ 14.10**

### #3012 Co Enzyme Q-10 (50 capsules)

Co Enzyme Q-10 is required for the creation of energy in your cells. Without this source of energy, your cells can not complete the functions they were designed to do. So important to your cells that researchers have shown that when the Q-10 levels in your cells drop by just 25%,





those cells can become diseased and when the Q-10 levels drop by 75% you will die.

Some of the more common benefits include the good health of your heart, healthy gums, increased immune system response, cellular health maintenance and protection and the list goes on. Every capsule gives you a full 30 mg of pure Co Enzyme Q-10 for fast results. *PV is 20.25*

Suggested Use: 1 or 2 capsules daily with meals.

Sugg. Retail \$ 34.90 **Member Price- \$ 27.90**



**#3013 Formula AR Arthritis Support (180 capsules)**

A well balanced nutritional formula of numerous ingredients designed to support the ligaments and joints in your body. Formula AR is a proprietary formula loaded with nutrients like Glucosamine Sulphate, Mucopolysaccharides, Colostrum, Hyaluronic Acid, DL Phenylalanine, PABA, Copper Salicylate, Pantothenic Acid, Vitamin B-6, Magnesium, Niacin, Niacinamide, Zinc, Trace Minerals, Bioflavonoids and Vitamin C. A powerful formula that is designed to give you arthritis relief in an easily digested capsule form. *PV is 26.90*

Suggested Use: 2 or 3 capsules three times daily with meals.  
Sugg. Retail \$ 39.70 **Member Price- \$ 31.75**

**#3014 Formula THR - Thyroid Support (90 capsules)**

A normal and healthy thyroid gland serves to produce hormones and regulate many different functions in your body. An underactive thyroid can cause many different health problems including fatigue, difficulty in losing weight, migraine headaches, female problems and many others. Formula THR is a comprehensive and proprietary formula designed to support a healthy thyroid function. *PV is 15.50*

Suggested Use: 1 capsule three times daily with meals.

Sugg. Retail \$ 21.20 **Member Price- \$ 16.95**

**#3016 Formula AD- Adrenal Support (90 capsules)**

Your adrenal glands produce numerous hormones that are needed to control and regulate allergies, asthma, blood sugar levels and many other functions. Unfortunately due to stress, many times the adrenal glands can become less effective and even worn out. Formula AD is a complete and well balanced nutritional supplement designed to provide support for normal and healthy adrenal glands. *PV is 14.70*

Suggested Use: 1 capsule three times daily with meals.

Sugg. Retail \$ 21.20 **Member Price- \$ 16.95**



**#3017, 3018 Ascorba Min Powder (8 oz or 16 oz)**

Vitamin C is a powerful detoxifier that can help to eliminate dangerous and deadly toxins before they can damage your cells and your health. Ascorba Min is a special blend of vitamin C and 10 different minerals that help to transport it to your cells where it is needed. Ascorba Min is a powder form that you can mix easily with your favorite beverage. *PV is 14.80 and 27.20*



Suggested Use: Mix one teaspoon with a glass of water or juice and stir. Leave product to sit for approximately 3 to 4 minutes, stir and drink.

Sugg. Retail #3017 \$ 27.80 **Member Price- \$ 22.25**  
#3018 \$ 51.05 **Member Price- \$ 40.85**

**#3019 Panzymes (60 Capsules)**

Once your food has been predigested in your stomach, it then moves down into your intestinal area where many of the nutrients are digested and broken down into much smaller particles so they can be transported to where they are needed by your body. This process is critically important if your body is to be able to benefit from the nutrition you are providing it. Inadequate digestion in your intestines can lead to many health problems including serious food allergies due to large food particles entering your blood stream.



NEW AND IMPROVED FAST ACTING CAPSULE

The enzymes found in your intestinal tract are alkaline and completely different from the acidic enzymes needed by your stomach. Panzymes is a unique and proprietary blend of all the essential enzymes and nutrients that are required for normal and healthy intestinal digestion.

Our modern diet of coffee, soda and processed foods is a very acidic diet that disrupts the normal alkaline balance required by your intestines for good health. Use Panzymes before each meal to help insure good digestion and to help maintain and protect the normal healthy alkaline balance in your intestines. *PV is 6*

Suggested Use: 2 or 3 capsules before each meal.

Sugg. Retail \$ 12.85 **Member Price- \$ 10.25**

**#3020 Miracle Green Capsules (300 capsules)**

All the wonderful nutrients found in the #3009 Miracle Green Powder but in a convenient and easy to digest capsule form. In addition, each Miracle Green capsule also comes with our exclusive and proprietary Azyme base of enzymes to insure maximum benefits. *PV is 14.75*

Suggested Use: 3 to 6 capsules twice daily.

Sugg. Retail \$ 27.40 **Member Price- \$ 21.95**

**#3021, 3022 Ascorba Gram (90 and 180 capsules)**

One of our most popular products ever! Ascorba Gram is the same formula as #3017 Ascorba Min but in a convenient and easy to swallow capsule form. Ascorba Gram and Ascorba Min are both far superior and much better absorbed by your body than ordinary Vitamin C. *PV is 13.10 and 25.25*



Suggested Use: 3 capsules twice daily with meals.

Sugg. Retail #3021 \$ 22.25      **Member Price- \$ 17.80**  
    #3022 \$ 42.25      **Member Price- \$ 33.80**

**#3023 Bromelain ( 30 capsules)**

Bromelain is a powerful enzyme found in the stem of the pineapple. Bromelain has the ability to help greatly with indigestion but it also has a unique ability to enter the bloodstream and travel to where your body may need it most. Bromelain may act as a natural stomach muscle and intestinal cramp relaxant, help to dissolve plaque built up in your arteries and countless other benefits. Our product features 2,000 gdu therapeutic strength bromelain packed in a 500 mg capsule which means you can expect excellent results - *fast!* *PV is 6.85*

Suggested Use: 1 to 3 capsules per day with meals.

Sugg. Retail      \$ 14.40      **Member Price- \$ 11.50**

**#3025 Nu Energy ( 60 capsules)**

Your adrenal glands are responsible for the production of *glucocorticoids* which are adrenal hormones that are used to keep your blood sugar levels from dropping too low, which is hypoglycemia.



Due to stress and diet problems, over time your adrenals can become exhausted which can make you feel tired and can be a significant cause of low blood sugar problems- *hypoglycemia*.

Nu Energy is a special formulation of nutrients designed to increase your energy levels and help your body combat the problems of low blood sugar. *PV is 8.85*

Suggested Use: 2 capsules two or three times daily with meals.

Sugg. Retail \$ 14.30      **Member Price- \$ 11.45**



**#3027 Mag Six - (90 capsules)**

Magnesium may be the biggest mineral deficiency in our modern diet. Magnesium is critically important for countless body functions including the manufacture of beneficial hormones, helping to support a normal heartbeat and rhythm, counteracting the effects of caffeine, helping to control asthma, Carpal Tunnel Syndrome, Menstrual Cramps, and the list continues.

Mag Six is a proprietary blend of well assimilated magnesium from Citrate, Taurate, Aspartate and Acetate sources combined with vitamin B-6 to guarantee fast results. Magnesium is critically important for numerous body functions including the relieving of cramps and to build strong bones and teeth. *PV is 13.95*

Suggested Use: 2 capsules two or three times daily.

Sugg. Retail      \$ 17.45      **Member Price- \$ 13.95**

**#3029, 3030 OPC 92 (60 or 180 capsules)**

50 mg of pure OPC in every capsule. *PV is 17.05 and 50.35*

Suggested Use: 3 to 6 capsules daily with meals.

Sugg. Retail #3029- \$ 23.70      **Member Price- \$ 18.95**  
    #3030- \$ 69.95      **Member Price- \$ 55.95**

**#3034 Prostazyme- Prostate Formula (60 capsules)**



Research indicates that 1 in 3 men past the age of 40 will develop prostate problems. Prostazyme is a unique and proprietary combination of nutritional ingredients designed to support your healthy prostate function. Standardized all natural ingredients like Zinc Picolinate, Saw Palmetto Extract, Pygeum Africanum and the exclusive Azyme base of



important enzymes are all carefully combined to give you excellent results. *PV is 11.45*

Suggested Use: 2 to 4 capsules twice daily before meals.

Sugg. Retail \$ 19.65      **Member Price- \$ 15.70**

**#3035 Superoxazyme ( 60 capsules)**

By far the best antioxidant you can buy. Each capsule supplies Zinc Chelate, Manganese Chelate, Copper Chelate, Beta Carotene, Vitamin A, Vitamin E, Vitamin C, N-Acetyl Cysteine, Glutathione, Grape Seed Extract, Selenemethionine, and our exclusive high performance Azyme base of enzymes to insure you of full benefits from using this product. *PV is 14.75*

Suggested Use: 1 capsule three times daily before meals.

Sugg. Retail      \$ 24.60      **Member Price- \$ 19.65**

**#3036 Ginkgazyme (60 capsules)**

A powerful anti-aging formula that may improve circulation, brain and memory function, male impotence, ringing in the ears, loss of balance and many other benefits. Ginkgazyme is loaded with high potency standardized ingredients like Ginkgo Biloba Extract, Lecithin, Phosphatidyl Choline, Centella Asiatica and our powerful Azyme base to insure optimum results. *PV is 13.10*



Suggested Use: 1 or 2 capsules three times daily before meals.

Sugg. Retail      \$ 21.00 **Member Price- \$ 16.80**

**#3037 Melatonazyme - Melatonin  
(60 capsules)**

Melatonin is the master hormone that regulates how well you sleep. It is a powerful hormone that controls your pituitary function and directly affects a host of other physical functions as well.

Melatonin is also very beneficial for the protection of your brain because it is very capable of neutralizing harmful free radicals and rendering them harmless before they can damage your cells. Adequate levels of Melatonin are required for normal pituitary, thyroid, thymus, adrenal glands and male / female hormonal functions. *PV is 11.10*

Suggested Use: 1 capsule before bed. Use only at bedtime. Follow label directions closely.

Sugg. Retail \$ 18.25      **Member Price- \$ 14.60**

**#3038 Immunazyme (60 capsules)**

Powerful nutrients all designed to be used by your body to fortify your immune system and fight off colds and flus. Packed with all natural high potency ingredients like:

**Echinacea-** To help stimulate white blood cells and provide anti-inflammatory and anti-viral properties,

**Hydrastus-** Which may act as a potent all natural antibiotic,

**Astragalus-** Extremely beneficial for chronic lung weakness, rapid healing and a healthy adrenal system,

**OPC 2000-** A powerful free radical neutralizer and anti-oxidant,

**Vitamin A & Beta Carotene-** Essential for healthy skin and tissues which are your first line of immune defense against disease,

**Vitamin C-** A unique blend of over 10 different mineral ascorbates! Vitamin C from ascorbates that can be used by your immune system to destroy and detoxify your body of harmful organisms,

**Exclusive Azyme Base-** Each capsule also supplies you with our proprietary and highly effective Azyme base of enzymes that can be utilized by your body to fully assimilate, digest and benefit from the powerful nutrition in every capsule of Immunazyme! *PV is 20.50*

Suggested Use: 2 or 3 capsules daily before meals.

Sugg. Retail \$ 28.45      **Member Price- \$ 22.75**

**#3039 St. Johns Wort (60 capsules)**

Depression affects millions of people. Many prescription drugs are designed to prevent the destruction of the hormone Serotonin which is manufactured by your brain and makes you feel confident and optimistic. St. Johns Wort may accomplish the same results or better without any of the dangerous side effects. *PV is 18*

Suggested Use: 3 capsules daily with meals.

Sugg. Retail \$ 23.70      **Member Price- \$ 18.95**



**#3040 Enhancezyme - Male Libido  
( 90 capsules)**

Male impotence is a serious problem for many men. Enhancezyme contains powerful and natural ingredients designed to support the normal male sexual function without any dangerous side effects. Combining Enhancezyme with #3036 Ginkgazyme (page 13) is a dynamite combination to combat the problem of impotence and to restore sexual vigor in men. *PV is 31.25*

Suggested Use: 1 capsule three times daily with meals.

Sugg. Retail \$ 39.05      **Member Price- \$ 31.25**

**#3042 Liver Support Detox (60 capsules)**

Your liver is a critically important organ that must remove deadly toxins from your system continuously every day. If there are too many toxins and your liver is not able to keep up with the removal of them, you may have no energy, frequent headaches, fatigue and all the symptoms of what may feel like a very bad flu.

Liver Support Detox formula is designed to provide your liver with the critical nutrients it needs to keep up with the removal of those deadly toxins. Give your liver the help it needs to remove the toxins and feel your energy levels soar! *PV is 21.85*

Suggested Use: 2 capsules once or twice daily with meals

Sugg. Retail \$ 30.30      **Member Price- \$ 24.25**



**#3045 HERS - Female Energy & Libido (120 capsules)**

Maca is an herb used for thousands of years by native healers of the Andean mountains. It is now being rediscovered by modern physicians for its amazing ability to improve female hormone balance, menopause problems, fertility enhancement, improved vaginal lubrication, increased female libido, increased energy, mental clarity and stamina. *PV is 16.95*

Suggested Use: 2 capsules two or three times daily with meals.

Sugg. Retail \$ 21.20      **Member Price- \$ 16.95**

**#3048 Lipoic Synergy (60 capsules)**

Alpha Lipoic Acid, Selenium and Natural Vitamin E are all combined to give you increased cellular energy levels as well as to provide cellular protection for your liver.

Lipoic Acid is also a very potent free radical scavenger capable of neutralizing dangerous free radicals and it is also a very effective toxin neutralizer which when used in large enough quantities has demonstrated the amazing ability to neutralize many different types of poisons and venoms. *PV is 20*

Suggested Use: 2 capsules once or twice daily with meals.

Sugg. Retail \$ 29.90      **Member Price - \$ 23.90**



**#4001 Herb Combination #1**  
**(100 capsules or 4 oz. liquid)**

Aloe Vera, Capsicum, Myrrh Gum, Peppermint, Saw Palmetto and Calcium Carbonate combine to give you herbal relief from the temporary symptoms of indigestion. Also available in a 4 oz. liquid bottle that mixes easily with hot water to make a soothing tea. *PV is 3.45 and 10.50*

*Suggested Use: #4001-2 capsules each day after a meal. #4021- Mix approximately 10 drops of the liquid concentrate with warm water to make a tea.*

Sugg. Retail #4001 \$ 7.70      **Member Price- \$ 6.15**  
 #4021 \$15.65      **Member Price- \$ 12.50**



**#4002 Herb Combination #2 (100 capsules)**

Formulated to help cleanse the body of toxins with a combination of Garlic, Pau D Arco, Fenugreek, Golden Seal, Quassia, Black Cohosh, Red Sage, Yellow Dock, Cascara Sagrada, Black Walnut and Dandelion Root. *PV is 4.15*

Suggested Use: 2 to 4 capsules daily with meals.

Sugg. Retail \$ 8.60      **Member Price- \$ 6.85**

**4003, 4023 Herbal Combination #3**  
**(100 capsules or 4 fl. oz)**

A combination of herbs designed to help clear excess mucous from your lungs. Also available in a convenient 4 oz. liquid bottle that mixes easily with water to make a tea. *PV is 4.30 and 7.30*

*Suggested Use: #4003- 2 to 3 capsules twice daily. #4023- Mix approximately 10 drops of concentrate with warm water to make a tea.*

Sugg. Retail #4003- \$ 8.90      **Member Price- \$ 7.10**  
 #4023- \$ 15.65      **Member Price- \$12.50**

**#4004 Herb Combination #4**  
**(100 capsules)**

Herbal support for the symptoms of PMS. Red Raspberry, Damiana, Squaw Vine, Cramp Bark, Black Cohosh, Licorice Root, Sarsaparilla, Queen of the Meadow, Dong Quai, Gotu Kola, Saw Palmetto and Kelp in an easy to swallow capsule form. *PV is 3.85*

Suggested Use: 2 to 4 capsules daily with meals.

Sugg. Retail \$ 9.95      **Member Price- \$ 7.95**



**#4005 Herb Combination #5 (100 capsules or 4 fl. oz.)**

Formulated exclusively to help restore calm and peace to rattled nerves with a combination of Valerian Root, Hops, Black Cohosh, Wood Betony, Scullcap, Chamomile, Marshmallow Root and Mullein. Also available in a 4 oz. liquid bottle that mixes easily with hot water to make a tea. *PV is 3.55 and 7.85*

Suggested Use: #4005- 2 or 3 capsules daily. #4025- Mix approximately 10 drops of concentrate with warm water to make a tea.

Sugg. Retail- #4005 \$ 8.60      **Member Price- \$ 6.85**  
 #4025 \$ 15.65      **Member Price- \$ 12.50**

**#4006 Herb Combination #6 (100 capsules)**

Herbal relief for fluid retention from a combination of Alfalfa, Buchu Leaves, Corn Silk, Juniper Berries, Parsley, Uva Ursi and Marshmallow Root in a convenient capsule. *PV is 3.30*

Suggested Use: 2 or 3 capsules twice daily with meals.

Sugg. Retail \$ 7.85      **Member Price- \$ 6.25**

**#4007 Herb Combination #7 (100 capsules)**

Designed to help eliminate parasites and vermifuge with Garlic, Black Walnut Leaves, Quassia, Pumpkin Seeds, Buckthorn, Couch Grass Clover Leaf, Cascara Sagrada and Culver Root in a convenient capsule. *PV is 2.00*

Suggested Use: 2 or 3 capsules twice daily with meals.

Sugg. Retail \$ 7.45      **Member Price- \$ 5.95**

**#4008 Herbal Combination #8 (100 capsules)**

Herbal support for maintaining normal blood sugar levels. Pau D Arco, Ginger, Blueberry leaves, Dandelion Root, Golden Seal, Bilberry Leaves and Black Walnut Leaves in an easy to digest capsule form. *PV is 3.90*

Suggested Use: 2 to 4 capsules twice daily with meals.

Sugg. Retail \$ 8.75      **Member Price- \$ 7.00**

**#4010 Herbal Combination #10**  
**(100 capsules)**

Herbal relief from flu symptoms. Blessed Thistle, Yarrow, Chamomile, Pleurisy root, Catnip, Slippery Elm, Goldenseal, Lemon Grass and Sage all combined in an easy to swallow capsule form. *PV is 2.75*

Suggested Use: 2 or 3 capsules twice daily with meals.

Sugg. Retail \$ 7.70      **Member Price- \$ 6.15**

**#4013 Herbal Combination #13**  
**(100 Capsules)**

A combination of Valerian Root, Hawthorn Berry, Capsicum and Passion Flower and Peppermint designed to help support the heart muscle. *PV is 3.15*

Suggested Use: 2 or 3 capsules twice daily with meals.

Sugg. Retail \$ 7.20      **Member Price- \$ 5.75**





### #4014 Herbal Combination #14 (100 capsules)

Designed to help break up and dissolve excessive mucous in your intestines. Aloe Vera, Pepsin and Wheat Germ in an easy to use capsule form. *PV is 4.00*

Suggested Use: 2 or 3 capsules daily before meals.

Sugg. Retail \$ 8.50 Member Price- \$ 6.80

### #5001 Alfalfa (200 capsules)

Alfalfa is rich in many vitamins as well as trace minerals that are important to your good health. Each capsule gives you 450 mg. of pure alfalfa in a convenient capsule form. *PV is 1.65*

Suggested Use: 2 or 3 capsules daily with meals.

Sugg. Retail \$ 6.65 Member Price- \$ 5.30

### #5002 Bee Pollen (100 capsules)

Bee Pollen is a rich source of B vitamins, Amino Acids and trace amounts of beneficial plant hormones and steroids. Each capsule gives you 500 mg. of pure Bee Pollen. *PV is 3.50*

Suggested Use: 2 to 4 capsules daily with meals.

Sugg. Retail \$7.00 Member Price- \$ 5.60

### #5003 Capsicum (100 capsules)

Capsicum can be beneficial in helping to clear excess mucous from your lungs and nasal passages due to common colds and flus. Capsicum can also increase the blood flow and help to improve digestion and assimilation of your foods. *PV is 2.30*

Suggested Use: 2 capsules daily with meals.

Sugg. Retail \$ 5.65 Member Price- \$ 4.50

### #5005 Eyebright (100 capsules)

450 mg. of Eyebright in every capsule. Herbal support for healthy eyes. *PV is 4.80*

Suggested Use: 1 or 2 capsules daily with meals.



Sugg. Retail \$ 10.70 Member Price- \$ 8.55

### #5006 Garlic (90 capsules)

Garlic has been shown to have antibiotic effects and can be a good general cleansing agent as well as to help lower high cholesterol levels. *PV is 3.10*

Suggested Use: 1 to 3 capsules per day before meals.

Sugg. Retail \$ 6.00 Member Price- \$ 4.80

### #5008 Gotu Kola (100 capsules)

Gotu Kola naturally contains triterpenes that may have a beneficial effect on all types of connective tissue as well as helping to increase blood flow thereby improving memory and thinking functions. *PV is 4*

Suggested Use: 2 to 4 capsules daily with meals

Sugg. Retail \$ 7.70 Member Price- \$ 6.15



### #5011, 5021 Taheebo (Pau D ARCO) (100 capsules or 8 fl. oz.)

Taheebo is an all natural antibiotic, virucidal and antifungal agent that can provide numerous health benefits. Also available in a convenient liquid form that mixes easily with water to make a tea. *PV is 4.70 and 14.70*

Suggested Use: #5011- 1 or 2 capsules per day with meals. #5021- Mix approximately 10 drops of concentrate in warm water to make a tea.

Sugg. Retail #5011 \$ 8.15 Member Price- \$ 6.50  
#5021 \$ 21.25 Member Price- \$ 17.00

### #7000 Colostrum Cream (2 oz.)

All the exciting benefits of #3008 Colostrum (see #3008 Imu-Plus on page 11) but in a smooth moisturizing cream that you can apply directly to your skin to help retard the effects of aging or to help speed the healing process. *PV is 9*

Suggested Use: Apply to skin morning and night as needed to moisturize and protect your skin

Sugg. Retail \$ 12.45 Member Price- \$ 9.95

### #8000 Nutri Boost (96 tablets)

Loaded with beneficial nutrients like Octacosenol, L-Tyrosine, L- Carnitine, Guarana, Kelp, Methionine, Grapefruit, Lecithin and Cider Vinegar, these tablets are designed to help stimulate increased fat loss. *PV is 15.25*

Suggested Use: 2 to 4 tablets with a meal twice daily.

Sugg. Retail \$ 22.70 Member Price- \$ 18.15



### #8008 Tasty Fiber (8 oz.)

Psyllium fiber combined with natural orange cream flavor and fructose that you can easily mix with water to insure a high quality source of fiber in your diet. *PV is 5.20*

Suggested Use: Mix 1 rounded teaspoon in 8 ounces of water. Stir well and drink.

Sugg. Retail \$ 10.25 Member Price- \$ 8.20

# Important Educational Tools

## Our Commitment to Knowledge and Education

### #905 Vitality Opportunity Catalog

The complete Vitality product catalog with descriptions about each product. Full color, 20 pages, 8-1/2 x 11 size.

Sugg. Retail - \$1.00  
**Member Price- \$.50**



who have achieved remarkable results using Vitality's Noni product. 31 pages, 2 color, 5-1/2 x 8-1/2.

Sugg. Retail - \$2.00  
**Member Price- \$1.00**



### #906 Business Opportunity Guide



In addition to the wonderful health benefits that Vitality offers you, we also offer you the option of building a profitable business while helping others to achieve the highest quality of life. Each booklet explains the compensation program complete with examples and illustrations. Full color, 8 pages, 5-1/2 x 8- 1/2

Sugg. Retail - \$ 1.00      **Member Price- \$.40**

### #9104 Complete Colon Health Report

by Dr. Robert Preston, President- International Institute of Nutritional Research



It takes many years for the harmful effects of an unhealthy colon to manifest in the tissues of the body. An unhealthy colon can lead to all kinds of serious problems from constipation, to indigestion to colon and rectal cancers. This 10 page report explains how an unhealthy colon develops, how to

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