

"Building Good Health-Naturally!"

Vitality

Lifelines

An Educational Publication-

Exclusively For Members of the Vitality Family

The Miracle of Anti Aging - *OPC 2000*

Protect Your Heart with Grape
Seed Extract- and Prevent
Degenerative Diseases Such as
Cancer, Arthritis, Varicose Veins
and More!

OPC 2000 a Miracle? Thousands of satisfied users think so. Are you tired of “Aging?”

In this special report you are going to learn how to use an amazing and powerful supplement called OPC 2000 to stop those dangerous free radicals and thus prevent and even reverse much of the damage that has already been done to your cells and to prevent the development of common degenerative diseases.

Free Radicals are known to be the single biggest cause of aging and degenerative diseases. ¹ (see table 1) Now you can neutralize these harmful free radicals and dramatically improve the quality of your life while rebuilding your good health! We are going to share with you *what these free radicals are, where they come from, why they exist, how to recognize the damage they have already done* and most importantly- **how to neutralize them and render them harmless before they can destroy your good health.**

Shortening Our Lifespans

Scientists now estimate that your cells are designed to live approximately 120 years. In spite of this, the average lifespan is only 70 to 80 years. This means that if you were to die at the age of 70, your lifespan potential was shortened by 40% ! 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. In a little while, we are going to show you how to neutralize these dangerous free radicals and render them harmless. The health benefits for you are profound as you can dramatically slow the aging and disease process.

Your Cells Determine Your Health

Your entire body is made up of billions and billions of individual units of life called “cells.” That’s right, each of your cells is a “*unit of life, your life!*” Each time one of them dies, a part of you dies. From the top of your head to the bottom of your feet, living cells are everywhere. All of your organs- *kidney, heart, prostate, stomach, colon, pancreas, thyroid, skin, eyes, pituitary gland, brain, lungs....* They are all made of living cells.

Deep inside of every living cell is a “*nucleus*” made up of very complex DNA and RNA proteins. The DNA portion is actually a complete biochemical blueprint for the entire body of the organism that the cell is a part of. This means that inside of every one of the billions of living cells in your body, is the complete blueprint to repair and rebuild not only that particular cell, but also the entire body.

It means that technically speaking, your cells have the awesome potential to keep you young, healthy and disease free and alive...FOREVER! That is until those dangerous free radicals are able to damage and destroy your healthy cells. This is why free radicals are responsible for the development of disease and the dramatic shortening of our lifespans.

Lifecycle of Your Cells

Your cells are designed to perform thousands of important biochemical functions every day to keep you in good health. These cells will eventually wear out and die off, a normal process called “*apoptosis*.” Before the worn out cell dies, it reproduces another new cell identical to itself. So in theory, as the old worn out cells die off, they are replaced by healthy new identical cells and you remain in good health and disease free. How well your cells reproduce depends entirely on the DNA located deep within every cell.

As we mentioned before, the DNA inside of your cell contains all the instructions for how the old worn out cell can reproduce a healthy new cell. As you may have already imagined, anything that can alter or damage the DNA of your cells, will dramatically affect your level of health. (see table 2) *What do you suppose would*

Table 1

Health Problems Associated With Dangerous Free Radicals

✓ Aging (Premature & “Normal”)	✓ Hemorrhoids
✓ Alzheimer’s	✓ Inflammation
✓ Arthritis	✓ Kidney Damage
✓ Bruises	✓ Liver Damage
✓ Cataracts	✓ Retinopathy
✓ Cancer	✓ Senility
✓ Congestive Heart Failure	✓ Strokes
✓ Diabetes Type II	✓ Skin Cancer
✓ Edema	✓ Swollen Joints
✓ Chronic Fatigue	✓ Varicose Veins
✓ Heart Attacks	✓ Wrinkles

Just about every other health problem associated with the process of aging as well!



happen if the instructions in your DNA were damaged when it came time to manufacture a new cell? Damaged cells do not manufacture healthy new cells, they manufacture more damaged or abnormal cells identical to themselves! You have got to protect that DNA from harmful free radicals if you want to live a long healthy and disease free life.

So how does your DNA get damaged? It's the numerous sources of free radicals that we have to deal with daily. Therefore anything you can do to neutralize these free radicals will benefit you by protecting your healthy cells from damage. OPC 2000 is the most powerful free radical neutralizer known! Using the product on a regular basis can help neutralize those dangerous free radicals and render them harmless before they can damage your cells.

The More Damage, The Less Energy You Have

The DNA inside your cells control hundreds of thousands of little energy factories inside your cells. These energy factories are called "mitochondria" and they take fatty acids or glucose and combine it with oxygen to create a high energy molecule called *Adenosine-Tri-Phosphate* or ATP for short.

Move your arm, you need ATP. Turn your head, you need ATP. Breathe in and out- you need ATP. You can do absolutely

nothing without ATP. Just as gasoline powers your automobile, ATP is the critical fuel your body requires. The more ATP you have, the more physical energy you will have.

High levels of fatty acids or glucose and oxygen will not do you one bit of good if your cells are so badly damaged that they can not convert them into ATP and burn them for energy. In fact an abnormally high glucose level is a common disease known as *sugar diabetes* or *Type II Adult Onset Diabetes*. It's almost always caused first by a poor diet that is very high in simple carbohydrates and sugars and secondly by cells that have become too damaged to efficiently convert the fatty acids or glucose into ATP. This means a lack of adequate ATP production, and the continually high blood glucose level also increases the number of free radicals in your body. *Truly the worse possible combination*. Under this scenario your likelihood of developing one of the big 3 diseases, Heart disease, Cancer or Diabetes goes up dramatically.

The good news is that there is plenty you can do about it. Get your diet in order and use OPC 2000 to neutralize those dangerous free radicals as well. The disastrous complications that can develop from continually high blood sugar levels are very serious.

As Your Cells Age, So Do You

Want to look and feel young? Then you have to keep your cells healthy by protecting them from the potential damages of harmful free radicals.

Ever wonder why some people seem to show their age much worse than others? It's due to free radical damage done to their cells. If your cells die prematurely due to excessive free radical damage, and they are not replaced with healthy new ones, then the visible effects of aging will be very dramatic. You are actually losing more cells than you are replacing and the result is a shortening of your life span as the visual effects of aging also take their toll. You will look and actually be old before your time. Neutralizing those dangerous free radicals with OPC 2000 and minimizing your exposure to them is the answer. We will share with you how to do this a little later in this article, but first we need to understand what free radicals are and how they work.

What is a Free Radical?

Free radicals inside of your body are extremely dangerous. Scientists know that they can cause premature aging and frequently are the cause of numerous health problems.¹ (see table 1)

Table 2
Free Radical Damages

Through the process of oxidation, dangerous free radicals can attach themselves to your healthy cells and permanently transform them into harmful structures.

Normal Fat Molecule	can become	<i>LDL Cholesterol Molecule</i>
Normal DNA Molecule	can become	<i>Abnormal Cancer Cells</i>
Normal Collagen Molecule	can become	<i>Premature Aging of Your Skin, Heart Disease and Stroke</i>
Normal Pancreas, Kidney, Liver, Heart Molecules	can become	<i>Diabetes, Kidney, Liver or Heart Failure and Heart Disease</i>

Free radicals are a part of our every day life. They can however be neutralized and kept under control. Our own body can neutralize many of them, but many times the job is overwhelming. OPC 2000 is the most potent free radical neutralizer known!

When biochemical processes take place inside of your body, partial molecules are left over carrying an electrical charge. These electrically charged partial molecules are called *free radicals* because they are very unstable and are free to roam throughout your body damaging your cells that they come in contact with.

How Do Free Radicals Do So Much Damage?

As free radicals come in contact with your cells, they release their electrical charge much like static electricity shocks you when you touch a door knob or light switch. The very same thing happens on a smaller scale inside of your body every time these free radicals are released inside of your body. Initially the tiny electrical shocks may only partially impair a cell's ability to function. If there is a larger amount of free radicals attacking the cell, the cell may no longer function at all, and you just lost a "unit of life" as it was not replaced. ²

The third possibility is that the damage to the cell is severe enough to actually damage the DNA and transform the cell into an abnormal diseased cell. You know this as cancer. These dangerous free radicals have got to be neutralized before they can damage your cells. The damage is done to your cells by these free radicals in two possible ways.

First, a free radical is an unstable molecule and it may steal an electron from another molecule. When this happens, the cell molecule from which the electron was stolen now becomes a dangerous free radical as well. Now this can set off a dangerous chain reaction that dramatically increases the number of free radicals inside of you.

Second, if a free radical does not steal an electron from another normal cell molecule, it may instead attach itself to your cell. When this happens, your normal healthy cell molecule will be permanently changed. The results of this can be *catastrophic* as abnormal cells can become cancer cells.

If the molecule being attacked happens to be a triglyceride fat molecule, the result could be a free radical created that can damage your arteries and cause dangerous plaque to form which is known as heart disease. As those arteries become more and more restricted, the condition leads to heart attacks.

Oxidation

The process of oxidation occurs when one molecule gives up an electron to another molecule. When it occurs inside of your body it is called "*oxidative stress*." This is a very potent and dangerous oxygen free radical.



This oxidation process is the same process that causes metal to rust, cut apples to turn brown and food items to go rancid.

Cut open an apple and immediately pour lemon juice on one half. The high antioxidant vitamin C content of the lemon juice will actually prevent the apple from turning brown as it neutralizes the oxygen free radicals!

Much as the picture of the rusty nut and bolt depicts, the same process is happening to your healthy cells when oxygen free radicals are present inside your body.

If the molecule being attacked happens to be a DNA chain, then the DNA can be damaged and become abnormal which may ultimately develop into cancers and other serious diseases.

If the cell molecule being attacked is a collagen molecule, then you may see the damage in the premature aging and wrinkling in your skin.

You see, the nature of your health problem caused by too many dangerous free radicals depends entirely on where the free radicals choose to attack. If the tissues in your joints are attacked, it will be arthritis, if it is the pancreas it will be sugar diabetes and so forth. This is why free radicals can be re-

sponsible for many health problems as outlined in tables 1 and 2.

Where Do These Free Radicals Come From?

Free radicals are found in our food (*especially processed foods*), our water (*through chemicals like chlorine and fluoride*) and in the air we breathe (*especially smoke and smog*).

Your level of exposure to chemicals will greatly increase your level of dangerous free radicals. It is impossible to completely eliminate your exposure to harmful free radicals and to make matters worse, **your own body manufactures the largest number of free radicals as a by product of normal digestion and metabolism.** ³

Important Nutrients That Neutralize Free Radicals

Fortunately your body is capable of neutralizing many of these dangerous free radicals. To keep those free radicals under control of course the first thing you will want to do is minimize your exposure to them.

Avoid chemicals in your diet and try to eat a natural diet as much as possible. Secondly, make sure you are giving your body the important nutrients it needs to keep up with the job of controlling those free radicals.

Vitamin E and Selenium when taken together are very effective at neutralizing free radicals found in the oils and fats of your body. Antioxidants like vitamin A and Beta Carotene are also effective because they are used by your body to neutralize free radicals especially in the mucous membranes of your body. Of all the antioxidant vitamins and minerals, vitamin C is the most potent free radical neutralizer. That's because vitamin C is water soluble and over 90% of your body is made of water soluble tissue. This means vitamin C certainly has the broadest ability to neutralize more free radicals than any of the other vitamin or mineral antioxidants. Using a high quality multi vitamin supplement like New Generation or Lifetime is a very good idea to insure that you are getting these particular antioxidants.

There is however another much more powerful antioxidant that is 20 times stronger than vitamin C and 50 times stronger than vitamin E at neutralizing dangerous free radicals! It's so effective in fact that in many cases you can feel the physical difference in a matter of days. It's simply the most powerful free radical neutralizer known.

20 Times Stronger than Vitamin C, 50 times Stronger Than Vitamin E!

It's called OPC 2000 (*oligo proantho cyanidin*) and it is a natural component of red grape seeds and skin. It too is water soluble and studies show that it is 20 times more effective at neutralizing free radicals than vitamin C and even 50 times more powerful than vitamin E!⁴ OPC 2000 is not a vitamin or a mineral, it is called a *bioflavonoid*.

Bioflavonoids are found in many plants and they serve two very important roles.

1. Bioflavonoids strengthen the plant's cells and fibers and
2. Bioflavonoids protect the plant from oxygen free radicals, which are also one of the most dangerous forms of free radicals for humans as well.

When you consume these wonderful bioflavonoids, you receive the same protective benefits that the plants enjoy. The problem is that you need to consume a huge amount of these plants to get enough of these OPC bioflavonoids. *But not any more.* OPC 2000 is a highly concentrated form of these most powerful bioflavonoids in a convenient capsule form. By swallowing these little capsules on a daily basis, you dramatically increase your body's ability to neutralize dangerous free radicals and reap the many health benefits.



OPC 2000 works extremely well with all the other anti-oxidants especially vitamin C. OPC 2000 is used by your body to neutralize plenty of free radicals and it also protects the vitamin C from oxidizing thus increasing the benefits and performance of your vitamin C. **The improved synergies from using vitamin C and OPC 2000 together can greatly improve the wound healing process and help to speed up the elimination of excess cholesterol in addition to the other health benefits too numerous to list !** If you would like to learn more about the benefits of vitamin C, you can go to <http://www.IINR.org> and get the Ascorba Min Product Overview at no cost. Written by Dr. Robert Preston, the product overview is a comprehensive analysis of the benefits and proven science for using vitamin C. If you don't have access to the internet, you can also call us at 1-800-423-8365 and we will be happy to send you a copy of the Ascorba Min Product Overview.

Now that you know the secret of how to really neutralize those dangerous free radicals with OPC 2000, using the supplement on a daily basis will have profound effects on your physical health. OPC is in fact so effective that Dr. Masquelier who discovered the substance received a patent #4,698,360 for its free radical scavenging/ neutralizing benefits.

Clinical Studies Prove OPC Effectiveness

In this limited space we can only review a few of the clinical studies completed on OPC 2000. As you would expect, a natural substance like OPC 2000 has at least 100 clinical studies that document its effectiveness. Several of the studies have shown dramatic improvement in strengthening veins and capillaries, including those with diabetes, cirrhosis and the elderly. Varicose veins, retinopathy, night blindness and cataracts have all shown exceptional improvement. Edema following injuries and surgery, PMS, even severe cases of arthritis have all responded dramatically. Free radical damage is indicated as a major factor in:

Aging - Alzheimer's - Arthritis - Atherosclerosis - Bleeding Gums - Bruises - Cancer - Cataracts - Cold Feet & Hands - Diabetes Type II - Dry Skin - Edema - Fatigue - Heart Attacks- Hemorrhoids - Painful Inflammation - Jet Lag - Joint Pains - Kidney Damage - Liver Damage - Phlebitis - Poor Circulation - Retinopathy- Rheumatism - Senility- Strokes - Stress Damage - Swollen Joints - Wrinkles and many more.

The Best OPC On The Market !

Our OPC 2000 is one of the highest potency products on the market. How do we know? We paid to have it independently tested against several of our competitor's products. We wanted to insure that we had the best OPC on the market. What we found was surprising. (see page 8)



More Than Just OPC

Not all grape seed extracts are the same. You can see that from the laboratory analysis on page 8. Our independent laboratory analysis showed that sometimes you get what you paid for - *many times you don't*. It's almost impossible for the consumer to know which products are high quality OPC and which are not. That is why we take our responsibility to provide you with only the highest quality supplements so seriously. You can trust Vitality to provide you with the highest quality supplements that give you fast results. That's our commitment to you.

Hundreds of scientific studies have proven that when you get the highest quality OPC such as our OPC 2000 you get exciting results! In addition to the exciting results you will feel from using our OPC 2000, our product also contains another powerful nutrient naturally found in the grape skins called *Resveratrol*. Resveratrol is absolutely wonderful for protecting your arteries from damage and for its incredible ability to fight various forms of cancer including Leukemia.

Resveratrol For Your Heart

Resveratrol along with OPC is responsible for the "French Paradox" in which the French people consume large amounts of high animal fat foods, yet they have a much lower rate of heart disease than we do as Americans. You get both of these important nutrients in every capsule of OPC 2000.

While Resveratrol is wonderful for your heart and circulatory system, more and more scientific evidence is proving that it is so much more. Medical scientists and cancer specialists in every advanced nation in the world are so impressed with the power of resveratrol to prevent and reverse cancer that they are studying it at record breaking speed. It is the most promising substance ever discovered to prevent and reverse cancer.

Due to limited space available, unfortunately we can not share with you all the exciting breakthroughs science has discovered using resveratrol. However the recent publica-

OPC – OLIGO-PROANTHO-CYANIDINS FOUND TO BLOCK FORMATION OF TUMORS!

Researchers working in the Anti-Cancer Laboratory at Kansas State University found that when laboratory animals were exposed to a variety of known cancer causing chemicals, they stimulated the production of a tissue chemical known as ornithine decarboxylase. It was found that this tissue generated chemical was what was actually responsible for the creation of tumors in the animals.

Seeking to find a natural substance that would block the action of this tumor generating chemical, the researchers fed the animals a variety of different foods and nutrients. When they fed the animals supplements of OPC, they were amazed to find that it inhibited the formation of the tumor forming substance ornithine decarboxylase. This prevented the formation of tumors in the animals, even though they were being deliberately dosed with cancer causing chemicals at the same time.

In this day and age when the news media keeps warning us of the danger of cancer causing chemicals in our air, water and food, it is reassuring to know that something as simple as supplements of OPC can provide protection from these chemicals and block the formation of tumors. The scientists found that even when OPC was taken several hours prior to exposure to the carcinogens, the OPC still provided protection. It would thus appear that taking supplements of OPC 3 times a day with meals may provide significant protection against food and environmental carcinogens and reduce the risk of developing tumors and cancer.

See: Chen, G., et al (1995) Anticancer Research; July-August;15(4): pp 1183-1189

tion "**Ultimate Cell- Ultimate Life!**" report 2 volume 1 does a great job of informing you about the benefits of Resveratrol. Our Ultimate Cell product contains very high amounts of this wonderful phytonutrient called resveratrol and is a great product for those battling cancer or those who simply wish to repair damaged cells and rebuild good health. You can download the publication for free at <http://www.IINR.org> or call us at 1-800-423-8365 and we will be happy to send you a copy.

Many Benefits of Resveratrol

1. Protection for the cell membranes- Your body is composed of billions of living cells. Each cell is surrounded by



protective walls. These protective walls keep in the good things the cell needs and also help to keep out the bad things it doesn't - *free radicals*.

One of those protective walls is made of essential fatty acids and scientists in Spain found that Resveratrol is able to incorporate itself into the cell membrane where it serves to protect the integrity of the membrane of the cell and prevent the breakdown of the essential fatty acids, even at the higher temperatures of inflammation.

Even when scientists increased the temperatures so high that the cell membranes finally broke down, *the resveratrol still prevented a very dangerous chemical known as Protein Kinase C Alpha from moving in to the cell and altering its DNA!*

2. Resveratrol Helps Nerve Cells Mature- Scientists in Italy have been able to show that resveratrol protected cells while they were developing into mature cells. The end result is this protection greatly inhibited a cell's conversion into a cancer cell.


3. Resveratrol Inhibits Protein Kinase C Substrates- Protein Kinase C is an enzyme that essentially robs your normal healthy cells of energy and transfers it to the cancerous cell's DNA in order for it to grow. At the University of Texas, M.D. Anderson Cancer Center, doctors were able to prove that Resveratrol is a powerful inhibitor of this Protein Kinase C in all 3 stages of a living cancer cell's progression.

4. Resveratrol inhibits many carcinogenic chemicals from creating cancers. There are many very dangerous and highly powerful carcinogenic substances. Too many to list but scientists have discovered that resveratrol has the ability to inhibit and prevent these dangerous carcinogens from developing cancerous cells.

5. Resveratrol Promotes Leukemia Cell Apoptosis- One of the major problems in battling any type of cancer is that cancer cells unlike normal cells have a normal life cycle. The cancerous cells don't die and thus they proliferate and multiply thus spreading quickly. Resveratrol was shown by scientists to actually increase the rate of cell death among cancerous cells.

6. Resveratrol Inhibits Cox 2 - the Cancer Generator. The Cox 2 enzyme is responsible for the pain and inflammation. The bio chemicals that the Cox 2 releases which cause the pain and inflammation, have also been shown to irritate the tissues and lead to cancer development. Resveratrol was shown at the University of Illinois to be able to greatly reduce the amount of highly inflammatory chemicals, and this in turn reduces the incidence of cancer not to mention the pain of inflammation.

OPC 2000 is wonderful at neutralizing free radicals that can damage your cells. If your cells are already damaged and you would like to give them what they need to repair themselves and restore their function, you should also consider using #105/ #106 Ultimate Cell.



OPC 2000 to protect your cells from dangerous free radicals, Ultimate Cell to restore them to normal once they have already been damaged !

OPC 2000 is an all natural powerful antioxidant extracted from grape seeds and skins using a proprietary water based processed. No harmful chemicals (*chemicals are good sources of free radicals*) are ever used so there is never any chemical residue to worry about.

OPC 2000 is also the most potent free radical scavenging product on the market and it contains many beneficial and important phytochemicals Including:

Don't take your chances on a cheap or inferior product. Try our OPC 2000 and see what OPC can do for you!

Oligomeric Proanthocyanidins (OPCs) - a family of antioxidants that along with Resveratrol is partly responsible for the "French Paradox" - a reduced incidence of heart disease, despite a high fat, high cholesterol diet in the French population.

Procyanidin Dimers- the single most powerful OPC found in grapes.

Resveratrol- a very powerful phytochemical that along with OPCs are partially responsible for the "French Paradox" and resveratrol is also known to reduce the risk of cancer and is also a potent cancer fighting tool.

Anthocyanidins- Antioxidants that are very useful in supporting and maintaining normal vision and improving capillary strength.

How To Best Use OPC 2000

OPC 2000 can be taken with or without food. If you are relatively healthy we suggest 3 to 6 capsules daily.

If you are struggling with specific health problems like painful inflammation we suggest 6 to 8 capsules per day until you get relief and then you may be able to lessen your dosage over time.

Serious health problems will require larger doses. OPC 2000 is not a drug, it is non toxic and safe to use with other supplements and prescription drugs. Great for children and adults as well!

Vitality OPC 2000 Clinically Tested and Proven to Be Superior in Bioabsorption

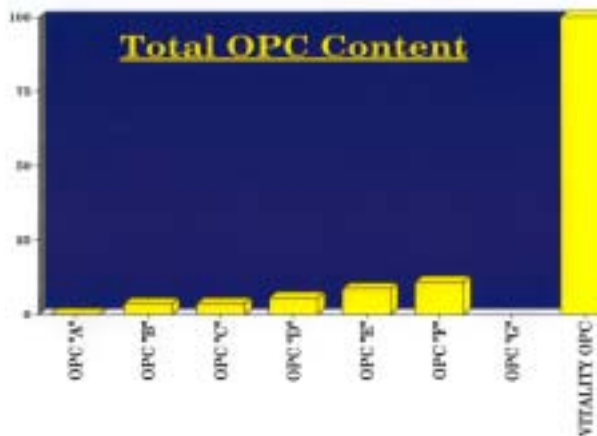
OPC 2000 has been clinically proven to be quickly absorbed and utilized by your body. The study was completed by The University of Toronto Faculty of Medicine and was *In vivo* using fourteen healthy human subjects aged 20- 45. ⁵

Researchers were able to show that OPC 2000 was very quickly absorbed and utilized by the human body. They measured large amounts of OPC in the blood serum *after just one hour* of ingesting the product and these OPCs were still present in the blood stream 24 hours later !

Beside the fact that OPC 2000 was obviously something the human body would quickly absorb and put to work, several other measurable changes took place.

- **OPC 2000 decreased protein oxidation by 13%**
- **OPC 2000 decreased LDL oxidation by 10%**

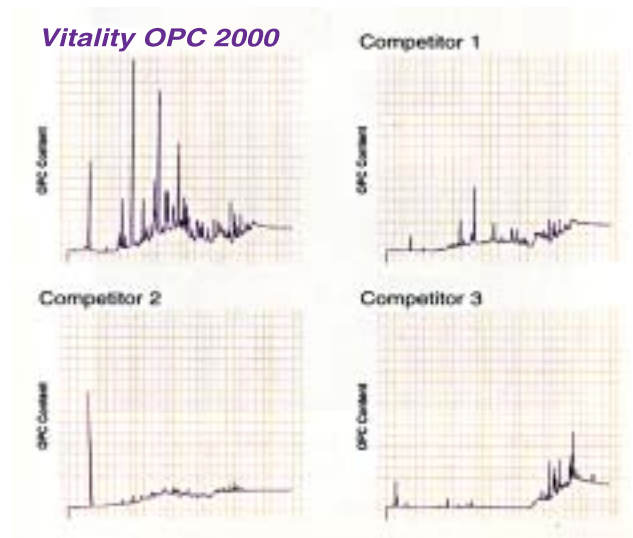
All these benefits took place in less than 4 weeks time!



OPC 2000 is Proven in the Laboratory to Be Superior!

Originally, we wanted to test our OPC 2000 to make sure that we were giving our customers the best OPC product on the market. Using the right OPC makes all the difference between success and failure.

We sent our OPC 2000 along with several of our competitors' products to an independent laboratory for sophisticated and expensive HPLC analysis. We wanted to see how much OPC was actually in the products. What we found was very surprising. The spikes in the charts below represent the various OPCs as they were detected in each of the products. From this information we then tabulated the total amount of OPC in each product and created a bar chart to illustrate.



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The Best OPC
You Can Buy !**



Guaranteed Results