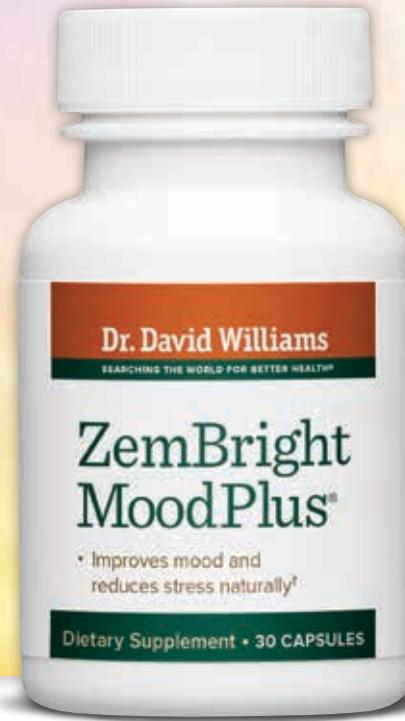


Dr. David Williams  
PO Box 531  
Montoursville, PA 17754

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**SAVE**  
UP TO **50%!**



**Nature's Happy Pill!**

**F.P.O.**

ZMPC-0417  
11403D012017



**SAVING YOU  
OVER  
\$164!**

**Get 3 FREE Bottles,**  
**25% Bonus Savings,**  
**and FREE Shipping!**

*Open now for your special offer on nature's  
non-addictive mood-lifting secret!*



# Dr. David Williams

SEARCHING THE WORLD FOR BETTER HEALTH

**YES!** I want to feel less stress and uneasiness, and be more in control of my life. Please send my order of **ZemBright Mood Plus** right away!



## SAVE UP TO 50%

Get **3 FREE Bottles**, **25% Bonus Savings**, and **FREE Shipping!**

**ZEMBRIGHT MOOD PLUS®**

ITEM# ZMP01

Supply

Regular Price

Your Price

S&H

Total

**Buy 6, Get 3 FREE + Bonus Savings—SAVE OVER \$164**

**BEST OFFER!**

9-month supply for just \$17.50 per month\*

9-Mo.

~~\$314.91~~

\$157.46

**FREE!**

\$

**Buy 5, Get 2 FREE + Bonus Savings—SAVE OVER \$113**

7-month supply for just \$18.74 per month\*

7-Mo.

~~\$244.93~~

\$131.21

+\$6.99

\$

**Buy 3, Get 1 FREE + Bonus Savings—SAVE OVER \$61**

4-month supply for just \$19.68 per month\*

4-Mo.

~~\$139.96~~

\$78.73

+\$6.99

\$

\*Each bottle contains 30 capsules, a 30-day supply

Merchandise Total

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### PAYMENT METHOD:

Credit or Debit Card:

Card # \_\_\_\_\_ Exp: \_\_\_\_/\_\_\_\_

Signature: \_\_\_\_\_

Check or Money Order (payable to Healthy Directions)

Phone #: (\_\_\_\_) \_\_\_\_\_

Yes, I want even more benefits from Dr. Williams and Healthy Directions! Sign me up for the FREE health eNews that will give me the latest health breakthroughs and discoveries to help me and my loved ones stay active, energetic, and feeling great.

Email: \_\_\_\_\_

Sales Tax: IN add 7%; KY add 6%; ME add 5.5%; MS add 7%; WI add 5%

\$

TOTAL

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Call today or mail payment in the enclosed postage-paid envelope to:  
Dr. David Williams, PO Box 531, Montoursville, PA 17754



### 100% Satisfaction Guarantee

I stand behind the safety and superior quality of my formulas and want you to be 100% satisfied with your purchase. In fact, I offer one of the industry's most generous guarantees because I want you to feel satisfied that the product is right for you. If for any reason the product does not meet your expectations, simply return it within 90 days for a full refund of the product price. It's that simple.

Please make any address changes above.



**Service Code**



ZMPR-0417  
11435d013017

# Fast-acting, botanical mood enhancer and stress reliever

## ZemBright Mood Plus®:

- Helps increase attention, focus, motivation, and concentration
- Helps relieve worry
- Helps keep your mind sharp
- Non-habit-forming and non-drowsy



1 small capsule a day brightens your mood!



**SAVE UP TO 50%!**

Get **3 FREE Bottles, 25% Bonus Savings, and FREE Shipping!** See reverse side for details.



“In my opinion, there’s no better formula out there to help lift and brighten your mood. I take **ZemBright Mood Plus** myself and find that it quickly causes a difference in my mood and ability to focus, concentrate, and make clearer decisions. It can make a profoundly positive impact on your daily life.”

*Dr. David Williams*

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**The Healthy Directions Difference**  
A Higher Standard

When it comes to your health, we hold ourselves to a higher standard. We focus on delivering premium guidance, products, and services without compromise. Our doctor-developed formulas, Triple-Testing Philosophy™, and pioneering industry leadership have earned us a more than 20-year record of delivering incomparable safety, quality, and service. We’re proud to be known as the #1 provider of doctor-formulated nutritional supplements and will continue striving to exceed your high expectations. Dr. Williams has been a part of the Healthy Directions family since 1997.

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NATURE'S PRESCRIPTION FOR A BRIGHTER MOOD:

# The “Happy Pill”

## ZemBright Mood Plus®

**ZemBright Mood Plus** breaks the cycle of stress once and for all! Your levels of worry and anxiousness can improve. You can be happy, motivated, and feel like yourself so you're better able to enjoy every day. The nutrients in **ZemBright Mood Plus** can positively transform your life.

**Zembrin**® is a patented extract of carefully selected *Sceletium tortuosum*. This flowering herb thrives in the remotest regions of Southern Africa. For well over 5,000 years, the San Bushmen in this region have used sceletium for relaxation and stress relief. Zembrin is the only form of sceletium that comes with a résumé chock-full of mood-lifting benefits. **You can expect increases in your serotonin levels and serotonin neurotransmission, which are critical for a balanced mood and feeling happy every day.**

**KSM-66**® is a purified form of one of the most well-known herbal mood lifters—ashwagandha. KSM-66 is extracted only from the roots of the ashwagandha plant—where the active ingredients are concentrated. Then it's carefully processed to maintain the mood-boosting nutrients found in the original plant. When human test subjects were given KSM-66 (at the same dosage level as in **ZemBright Mood Plus**), their **feelings of stress and anxiousness decreased.**

**B-vitamin complex** supports healthy brain and nerve cells. Plus, it helps reduce mental fatigue. You'll be as sharp as a tack!

**All it takes is a single dose of ZemBright Mood Plus to lift your mood!**

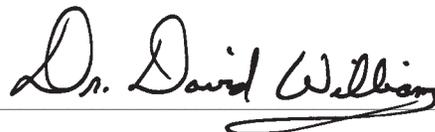
1 PILL A DAY

NON-DROWSY

NO CONTRAINDICATIONS

NON-HABIT-FORMING

SIGNATURE: \_\_\_\_\_



You're About to Experience a DRAMATIC  
Improvement in Your Mood and Energy Levels!

# WARNING...



## 100% Satisfaction Guarantee

I stand behind the safety and superior quality of my formulas and want you to be 100% satisfied with your purchase. In fact, I offer one of the industry's most generous guarantees because I want you to feel satisfied that the product is right for you. If for any reason the product does not meet your expectations, simply return it within 90 days for a full refund of the product price. It's that simple.

*DW*

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ZMPB-0417  
11435d013017

## Side Effects to Watch Out for:

- Spontaneously Bursting into Song
- Constant Smiling
- Increased Motivation
- Surging Energy Levels
- Faster Thinking on Your Feet
- Better Control of Your Life

SAVE UP TO 50%!

SEE ORDER FORM FOR DETAILS.

# Worried, anxious, overwhelmed? This exclusive nutrient combination is your daily dose of serenity!



Dear Friend,

Are you worried about your health or the health of a loved one? Maybe financial issues are making you anxious. Or you're struggling to keep up with family responsibilities. It doesn't have

to be that way! You can stop fretting about all the things that are weighing you down. And you can feel in much better control of your life.

No matter what is happening in your life, if you're struggling at all, *There is something that can help.* **ZemBright Mood Plus®** is the real thing. That's why I take it every day. Its exclusive nutrient combination is your fast-acting solution for:

- **A Brighter Mood**
- **Feelings of Calmness**
- **Soothing the Effects of Stress**
- **Better Focus**
- **Reducing Mental Fatigue**
- **And Much More!**

Clearly, life can be challenging and that's not going to change. That's why I've spent years searching for effective ways to balance mood and improve the way our bodies respond to stress.

## **I was blown away by the effectiveness of this ancient discovery**

My research and worldwide investigation led me to a rare and remarkable South African plant called *Sceletium tortuosum*. The native San Bushmen there refer to this magical plant as "kama," "channa," or "kougoed," meaning

"restorative cheerer of the soul." And they've used it for centuries to **increase their energy, elevate their mood, and soothe the effects of stress.**

Written records from European explorers, dating back over 300 years, also document the plant's beneficial effects.

Traditionally, *Sceletium tortuosum* was chewed or smoked, but modern day researchers have developed a patented powdered extract called **Zembrin®**. This powerful botanical is based on 12 years of meticulous research and development, and comes from only carefully cultivated plants. The extract contains a mix of the most desirable active compounds of the plant. And best of all, it produces *consistent and noticeable results in those tested.*

## **Zembrin made a world of difference for me**

I started taking Zembrin myself during a difficult period in my life that left me feeling overwhelmed and was incredibly impressed with the effects. **It helped me feel happier and more relaxed...yet attentive, alert, and motivated at the same time.**

Specifically, it works by increasing levels of serotonin and enhancing serotonin neurotransmission. This is important because serotonin is your body's natural "feel good" hormone. It's produced in the pineal gland, blood platelets, the central nervous system, and the digestive tract and helps keep you emotionally stable so you can better cope with everyday stress.

In a double-blind, placebo-controlled study, participants took 25 mg of Zembrin. Just 2 hours

*(continued on next page)*

## Just 1 Dose and You'll Be Back in Control...

"I'm venturing out...enjoying my hobbies...and can't imagine life without ZemBright..."\*

—JB

"I began taking this product right before the holidays and noticed very quickly that it helped ease the stress during the busiest time of the year. I have been on it for about 4 months now and I can truly say that I have felt more calm, motivated, less stressed, positive and happy."\*

—Online Review

"I seldom sang to myself and never out loud, before I tried Zembrin. Starting on the first day I took it, I found myself singing happily...I generally feel better, happier. I've taken it every day for probably 6 months and it's made a big difference for me. I'm less anxious and angry now, more calm and able to take things in stride."\*

—Online Review

"I have been taking Zembrin daily now for a few months and it has made such a positive change in my life. I am so much calmer, have developed a positive attitude, and I'm so much more motivated than I've been in a long time! I actually started to experience an improvement very quickly—I highly recommend this supplement to people who are experiencing stress, anxiety, or are having trouble becoming motivated. It works!"\*

—Online Review

\*Individual results from ZemBright Mood Plus may vary.

later they underwent MRI brain scans while completing performance tests that introduced fear/anger/threat emotions. Results showed that this single dose of **Zembrin quickly helped the brain react more calmly to stressful stimulants, allowing participants to better cope with stress.**<sup>1</sup>

## Non-addictive and non-habit-forming

Better yet, unlike some other products on the market, Zembrin is a unique, potent mood balancer that is **non-addictive and non-drowsy.**

These incredible science-backed results, along with my own personal success with Zembrin, convinced me to introduce my original Zembrin formula. It provides the exact 25 mg daily dose of Zembrin shown in research to boost mood and cognitive function.

## Ashwagandha helps balance mood and ease feelings of stress

Zembrin proved to be an immediate success with my customers—which reinforced to me that there are countless thousands of people out there with similar issues, needing mood help. So I added a second breakthrough mood-balancing nutrient to the formula for even more comprehensive support.

KSM-66® is a purified, full-spectrum, root-only extract of ashwagandha. Ashwagandha has been used for thousands of years in traditional medicine and Ayurveda to help bring the body into balance—especially when under stress.

I insisted on this specific, full-spectrum ashwagandha because it maintains the natural balance of its original herbal constituents which I believe will give you the best results. But, I'm not the only one impressed with KSM-66 ashwagandha. This powerful extract

<sup>1</sup> Terburg D, et al. *Neuropsychopharmacology* 2013;38(13):1-9.

# Balance Your Mood and Reduce Worry!



Gluten Free

**SAVE UP TO 50%!**  
SEE ORDER FORM FOR DETAILS.

## ZemBright Mood Plus:

- Helps balance your mood
- Keeps you focused and motivated
- Reduces cortisol levels to ease feelings of stress
- Promotes vitality and a positive outlook
- Supports healthy nerve and brain function
- Non-habit-forming and non-drowsy!

## SUPPLEMENT FACTS

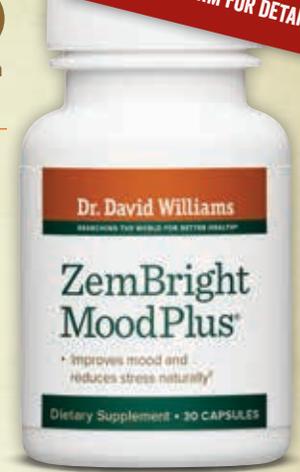
### 1 CAPSULE GIVES YOU:

Vitamin B6 (as pyridoxine HCl, pyridoxine-5-phosphate) . . . . .	15 mg
Folate (as Quatrefolic® † [6S]-5-methyltetrahydrofolic acid glucosamine salt) . . . . .	100 mcg
Vitamin B12 (as methylcobalamin) . . . . .	200 mcg
KSM-66® § Ashwagandha Extract (root) . . . . .	600 mg
Zembrin® ¶ (Sceletium tortuosum extract, stem, and leaf) . . . . .	25 mg

CONTAINS: MILK (KSM-66® Ashwagandha is prepared in accordance with Ayurvedic tradition resulting in trace quantities of milk remaining in the product).

† Quatrefolic is a registered trademark of Gnosis S.p.A. Corporation and protected by US Patent No. 7,947,662.  
§ KSM-66 is a registered trademark of Ixoreal Biomed Pvt. Ltd.  
¶ Zembrin is a registered trademark of HG&H Pharmaceuticals Pty Ltd., exclusively distributed in the USA by PLT Health Solutions, Inc. US Patents #6,288,104 and #8,552,051

**RECOMMENDED DOSE:** Take 1 capsule daily with a meal.



**The ONLY product with Zembrin and ashwagandha**

won the Best Botanical Ingredient Award for 2013 and placed in the list of top 10 ingredients by editors of *Functional Ingredients*. Clinical research also confirms its effectiveness.



## KSM-66 improved stress levels

In a double-blind, randomized, placebo-controlled trial, individuals taking KSM-66 experienced a reduction in levels of cortisol—a primary stress hormone—after 60 days versus placebo. Individuals were then given well-recognized psychological questionnaire tests to measure the effect of KSM-66 on stress and anxiousness.

Results showed a significant **reduction in stress scores and a reduction in anxiousness!**<sup>2</sup>

Just imagine what less stress and worry can do for your mood. You'll feel happier, calmer, and less overwhelmed.

## Energizing B vitamins support healthy brain and nerve cells

I also included a special complex of B vitamins—B6, B12, and a super bioavailable form of folic acid called Quatrefolic® in my **ZemBright Mood Plus** formula.

These powerful nutrients are essential for the synthesis of serotonin and are also known to support healthy nerve transmission. In addition, they promote normal homocysteine levels for optimal cognitive function. And high blood folate (folic acid) levels can support optimal cognitive function.

Because a sharp mind and healthy outlook are essential for maintaining a positive mood, I knew these B vitamins would be the perfect complement to the Zembrin and ashwagandha in **ZemBright Mood Plus**.

*(continued on next page)*

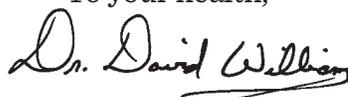
<sup>2</sup> Chandrasekhar K, et al. *Indian J Psychol Med* 2012;34(3):255–62.

## One simple solution can have such a positive impact on your daily life

Let's face it; your mood affects everything you do. And life can't be full of joy if you're not happy and motivated. If you're feeling stressed, anxious, overwhelmed, worried, or unmotivated, I highly encourage you to take **ZemBright Mood Plus**. I believe this exclusive nutrient combination is the most comprehensive and effective mood-balancing formula you'll find.

I take **ZemBright Mood Plus** myself and I can honestly say that no supplement has made such an immediate and profound impact on how good I feel every day. This exclusive nutrient combination delivers a daily dose of serenity. You'll feel HAPPY, alert, focused, and in control, which can have a positive impact on the quality of your life.

To your health,



Dr. David Williams

P.S. **ZemBright Mood Plus** is the best way to help brighten your mood. You'll feel less stressed, less anxious, and less overwhelmed. It's the **ONLY** product available with both Zembrin and ashwagandha. Plus, it's non-habit-forming.



**8 OUT OF 10 CUSTOMERS** would recommend **ZemBright Mood Plus** to others.\*



**9 OUT OF 10 RESPONDENTS** respondents have **never experienced drowsiness** as a result of taking **ZemBright Mood Plus**.\*

\*September 2016 consumer survey of **ZemBright Mood Plus** buyers who have purchased at least 2 times with 130 responses.

# Order ZemBright Mood Plus today!

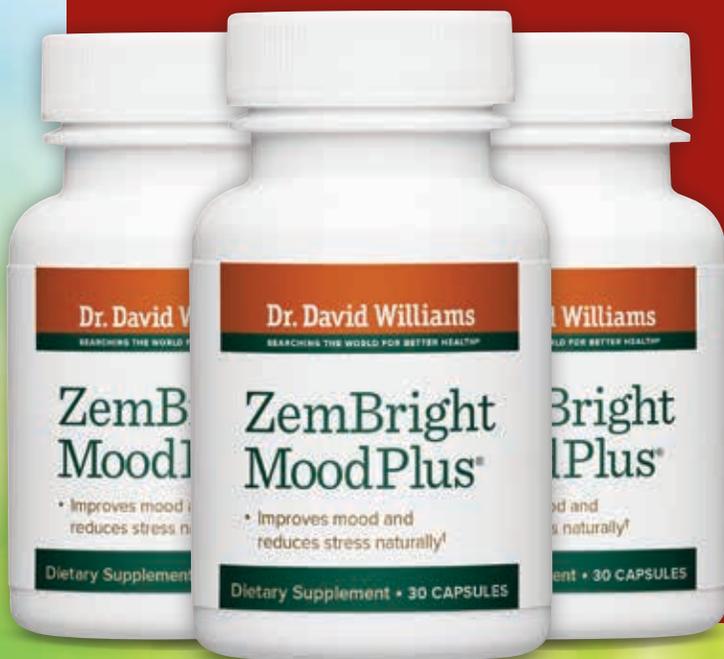
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These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.