

Dr. David Williams

SEARCHING THE WORLD FOR BETTER HEALTH®

SUGAR

Not So Sweet
For **YOUR EYES**

PAGE 28

QUICKLY RELIEVE GAS AND BLOATING

With This Common
Kitchen Staple

PAGE 22

STOP HICCUPS WITH 3 EASY TRICKS

PAGE 16

**FREE
SHIPPING
+
FREE GIFT**
ON ALL ORDERS!
SEE PAGE 2.



RESEARCH SPOTLIGHT

The surprising discovery that's easing joint discomfort—*The EGG!*

The next time you're making eggs for breakfast, take a peek inside the shell. You'll notice a thin, double-layer membrane that scientists call NEM®, short for eggshell membrane.

NEM has the shock absorbency power to cushion the egg's fragile contents. It's packed with major joint-supporting nutrients such as chondroitin, hyaluronic acid, collagen, and other glycosaminoglycans—all of which occur

naturally together within the chicken eggshell membranes.

NEM is the only eggshell membrane ingredient with multiple published safety and efficacy studies for joint health. Multiple human studies show fast and continued results for joint comfort and flexibility with a small, 500 mg daily dose—the same amount I've include in all 3 of my joint formulas.



MOST SEARCHED ARTICLE ON DRWILLIAMS.COM

Natural treatments that banish stomach bloat and end excessive gas

Gas and bloating are uncomfortable and often embarrassing. Dr. Williams shares his natural remedies for relieving gas, belching, bloating, and flatulence for good.

Visit drwilliams.com and search "relieve gas naturally" in the search bar, then click on "Content" once the results populate.



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Turmeric	30
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FREE SHIPPING
PLUS, **FREE VITAMIN D3**
ON ALL ORDERS—
NO MINIMUM



Promo Code: **SHIPFREE** (Promo code is only needed for online orders)

SAVE 50%!

Limited-Time Special Offer

JUST \$17.49

(regularly \$34.99) Page 11



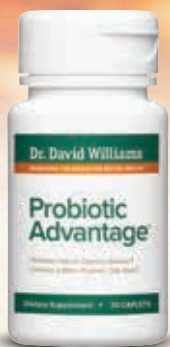
SAVE 60%!

FREE WITH PURCHASE



“These formulas are some of my top recommendations. They not only support your health, they help improve your life.”

Dr. David Williams



Relieves digestive woes and supports immune health

Pages 4–5

Probiotic Advantage®		Item # PAS01	
30 caplets, 30-day supply	Supply	Reg. Price	Your Price
BUY 5, GET 2 FREE*—SAVE \$49.98	7-Mo.	\$174.93	\$124.95
BUY 3, GET 1 FREE**—SAVE \$24.99	4-Mo.	\$99.96	\$74.97
1 Bottle	1-Mo.	—	\$24.99

*Buy 5 Get 2 Free: Two 3-month (90 caplets ea.) bottles + one 1-month (30 caplets ea.) bottle

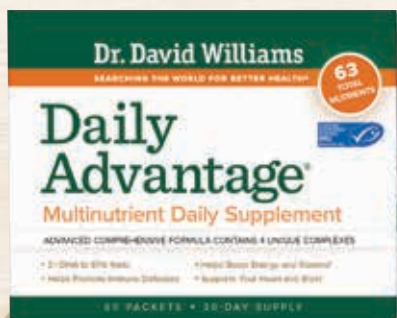
**Buy 3 Get 1 Free: One 3-month (90 caplets ea.) bottle + one 1-month (30 caplets ea.) bottle



Ultimate relief from nagging joint discomfort

Page 13

Joint Advantage Gold® 5X + Turmeric		Item # JWT01	
180 tablets, 30-day supply	Supply	Reg. Price	Your Price
BUY 5, GET 2 FREE—SAVE \$99.98	7-Mo.	\$349.93	\$249.95
BUY 3, GET 1 FREE—SAVE \$49.99	4-Mo.	\$199.96	\$149.97
1 Bottle	1-Mo.	—	\$49.99



24-hour total body insurance

Pages 16–17

Daily Advantage®		Item # DAD01	
60 packets, 30-day supply	Supply	Reg. Price	Your Price
BUY 5, GET 2 FREE—SAVE \$109.98	7-Mo.	\$384.93	\$274.95
BUY 3, GET 1 FREE—SAVE \$54.99	4-Mo.	\$219.96	\$164.97
1 Box	1-Mo.	—	\$54.99

Year-round oral and sinus support

Page 9



Probiotic Advantage® Oral Sinus		Item # BLS01	
50 lozenges	Supply	Reg. Price	Your Price
BUY 5, GET 2 FREE—SAVE \$49.98	7-Btl.	\$174.93	\$124.95
BUY 3, GET 1 FREE—SAVE \$24.99	4-Btl.	\$99.96	\$74.97
1 Bottle	1-Btl.	—	\$24.99

The “GOOD STUFF” your gut needs every day

- Slow-release delivery for all-day digestive support
- 2 billion live, beneficial bacteria, guaranteed at expiration
- Prebiotics to feed the probiotics
- Relieves occasional constipation

Probiotics are like a multivitamin. Everyone should be taking them even if you don’t have digestive woes. Nurturing the delicate balance of beneficial bacteria in your digestive tract is absolutely critical for optimal health—critical, in fact, for life at all.

I look at **Probiotic Advantage®** as my prevention “workhorse.” If you digest food properly and don’t regularly take prescription medications, **Probiotic Advantage** is for you. The 2 billion live probiotics in 7 extremely hardy strains help maintain healthy, comfortable digestion and overall good health.

Special delivery technology guarantees probiotics are potent and working

The patented BIO-tract® delivery system slowly releases the probiotics throughout your gut for all-day comfort. And the special LiveBac® technology keeps the bacteria alive so they safely get to your intestines where they are needed to reduce gas, bloating, and occasional constipation.

SUPPLEMENT FACTS | 1 CAPLET GIVES YOU:

Probiotic Blend *L. fermentum, L. plantarum, L. acidophilus, L. rhamnosus, L. salivarius, B. bifidum, B. longum* **2 billion CFU;**
Fructooligosaccharides (FOS) 25 mg

Contains: Milk
 Contains trace amounts of milk protein from the manufacturing process; however, suitable for individuals following lactose-free or lactose-restricted diets.
 With BIO-tract®, a patented technology and registered trademark of Nutraceutix.

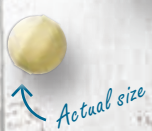
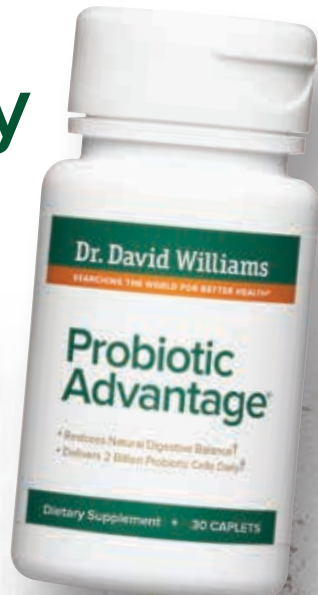


RECOMMENDED DOSE: Take 1–2 caplets daily with water prior to any meal. Do not chew or crush.

★★★★★ “It really works!”

Probiotic Advantage®		Item # PAS01	
30 caplets, 30-day supply	Supply	Reg. Price	Your Price
BUY 5, GET 2 FREE*—SAVE \$49.98	7-Mo.	\$174.93	\$124.95
BUY 3, GET 1 FREE**—SAVE \$24.99	4-Mo.	\$99.96	\$74.97
1 Bottle	1-Mo.	—	\$24.99

*Buy 5 Get 2 Free: Two 3-month (90 caplets ea.) bottles + one 1-month (30 caplets ea.) bottle
 **Buy 3 Get 1 Free: One 3-month (90 caplets ea.) bottle + one 1-month (30 caplets ea.) bottle



Superior BIO-tract Technology

TRUE "CONTROLLED-RELEASE."

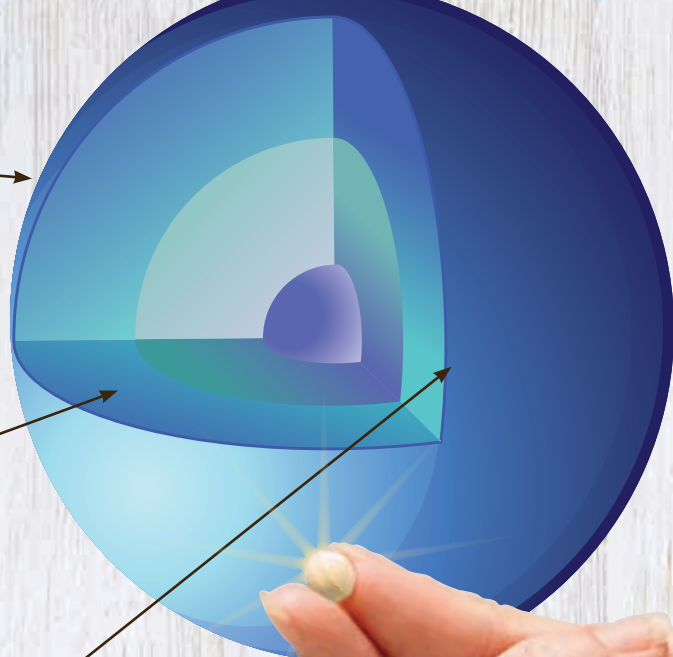
This amazing caplet forms a gel coating that protects the probiotics from stomach acid, then slowly and evenly releases the probiotics in the intestines, so they get to EVERY nook and cranny.

Seven highly beneficial

probiotic strains are evenly distributed throughout the caplet. Only **Probiotic Advantage** gives you this excellent combination with both advanced technologies.

Advanced LiveBac technology

ensures that **Probiotic Advantage's** beneficial probiotics are potent and working—right down to the core. Guaranteed effective for 18 months without any refrigeration.



4 NATURAL REMEDIES FOR **ACID REFLUX** *and* **HEARTBURN**

Acid-blocking drugs are widely promoted as the cure for heartburn and acid reflux. But these medications only provide short-term relief and ultimately lead to additional digestive woes. Instead, I recommend these simple, cheap, and much more effective natural remedies.



1 | GINGER ROOT POWDER

can be more effective for acid reflux problems than any over-the-counter or prescription medication. I suggest using a teaspoon of the freshly grated root each day.

2 | REDUCE SALT USE. Researchers in Norway discovered that individuals who routinely added salt to their meals had almost twice the risk of experiencing acid reflux problems. Substitute with other herbs, spices, and natural vinegars.

3 | CHEW GUM. When acid starts to reflux, try chewing on some gum—it's been shown to increase the volume of saliva by almost 140 percent. Saliva contains compounds that provide protection for the esophagus including proteins, mucin, prostaglandin E2, and epidermal growth factor.

4 | EAT FERMENTED FOODS.

Fermented vegetables, fermented milk products, kefir, fermented soy products, and even naturally fermented, unpasteurized beers contain live, healthy bacteria that can help correct acid reflux problems.

Probiotic Advantage® Bifido Beadlet 50+™

The PERFECT PROBIOTIC for us “old farts” FOLKS 50+

If you're over 50, you now need special digestive support. As you age, *Bifidobacteria*, the most common bacteria in your large intestine, and *Lactobacillus*, the most prevalent bacteria in your small intestine, naturally decline. And at the same time, increased levels of non-beneficial micro-organisms may increase. This imbalance can cause unpleasant symptoms, such as gas, bloating, and constipation.

Probiotic Advantage® Bifido Beadlet 50+™ is loaded with 2 billion of the specific bacteria you need

Each tiny Probiotic Advantage Bifido Beadlet contains 6 strains of beneficial probiotics to help support a healthy bacterial balance in your digestive tract. Each specifically numbered, researched strain comes from the leading producers I've chosen from around the world—from Japan to Denmark to the United States. It's the best combination of high-quality probiotic strains for people age 50+ to keep your entire digestive system running smoothly!

Plus, Advanced Bead-Lock™ Technology guarantees the delivery of the 2 billion LIVE bacteria for all-day comfort. This patented technology keeps the probiotics sealed and protected from harsh stomach acids until they reach your intestines. And no refrigeration is required!

Stay-Fresh,
Easy-Open Pouch



Actual size—
smaller than a pea!

Just one tiny, easy-to-swallow “beadlet” every morning can help relieve your digestive concerns—gas, bloating, and occasional constipation and diarrhea.

SUPPLEMENT FACTS | 1 BEADLET GIVES YOU:

Probiotic Bifido Beadlet 50+ Blend: *B. longum* BB-536, *L. acidophilus* NCFM®, *B. lactis* BI-04, *L. plantarum* Lp-115, *B. infantis* M-63, *L. rhamnosus* Lr-32 **2 billion CFU**

Contains: Soy, Milk

RECOMMENDED DOSE: Take 1 beadlet daily prior to a meal. Do not chew or crush.

Seal pouch after each use for freshness.



★★★★☆ “Really easy to swallow,
and does the trick”

Probiotic Advantage®
Bifido Beadlet 50+™

Item # WBD01

30 beadlets, 30-day supply	Supply	Reg. Price	Your Price
BUY 5, GET 2 FREE—SAVE \$49.98	7-Mo.	\$174.93	\$124.95
BUY 3, GET 1 FREE—SAVE \$24.99	4-Mo.	\$99.96	\$74.97
1 Pouch	1-Mo.	—	\$24.99

“If you are over 50, I recommend you take
Probiotic Advantage Bifido Beadlet to help
keep your digestive system running smoothly.”

Dr. David Williams



Probiotic Advantage® Colon Health

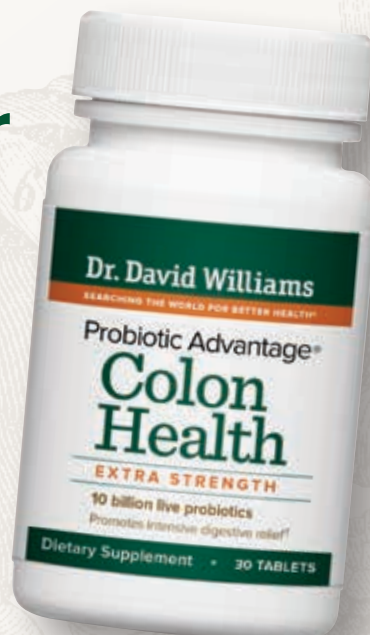
Ironclad protection for a comfortable colon

- ✓ 10 billion live, healthy bacteria
- ✓ Supports regularity without overstimulation
- ✓ Softens stools with less gas or bloating
- ✓ Slow-release delivery for all-day digestive support

Probiotic Advantage® Colon Health is great for those who experience more hardcore digestive concerns.

You're guaranteed the delivery of 10 billion live probiotics in 10 powerful strains along with Actazin™, a rare green kiwi extract from New Zealand, for advanced support. If you don't eat enough fruits and vegetables, Actazin provides a measure of fiber that helps with regularity so everything can flow more smoothly.

Actazin's special 4-way action system boosts digestion in the colon gently with prebiotics, polyphenols, a special enzyme called actinidin, and insoluble fiber.



DIGESTIVE HEALTH

Special prebiotics and antioxidants give you long-lasting comfort

Prebiotics “supercharge” the probiotics, and the polyphenols are a powerful group of antioxidants that help probiotics to better adhere to the wall of your intestine. Plus, you get the patented BIO-tract® slow-release delivery system and LiveBac® technology for all-day digestive comfort.

SUPPLEMENT FACTS | 1 TABLET GIVES YOU:

Probiotic Blend *L. plantarum*, *L. acidophilus*, *L. rhamnosus*, *L. salivarius*, *B. longum*, *L. gasseri*, *B. bifidum*, *B. infantis*, *B. lactis*, *L. paracasei* **10 billion CFU**; **Kiwi Extract*** (fruit) **250 mg**

Contains: Milk

Contains trace amounts of milk protein from the manufacturing process. Suitable for individuals following lactose-restricted and lactose-free diets

*Actazin™ is a trademark of Anagenix LTD.

With BIO-tract®, a patented technology and registered trademark of Nutraceutix.



RECOMMENDED DOSE: Take 1 controlled-release tablet each day prior to any meal.

★★★★★ “Powerful Relief!”

Probiotic Advantage® Colon Health		Item # MCH01	
30 tablets, 30-day supply	Supply	Reg. Price	Your Price
BUY 5, GET 2 FREE*—SAVE \$69.98	7-Mo.	\$244.93	\$174.95
BUY 3, GET 1 FREE**—SAVE \$34.99	4-Mo.	\$139.96	\$104.97
1 Bottle	1-Mo.	—	\$34.99

*Buy 5 Get 2 Free: Two 3-month (90 tablets ea.) bottles + one 1-month (30 tablets ea.) bottle

**Buy 3 Get 1 Free: One 3-month (90 tablets ea.) bottle + one 1-month (30 tablets ea.) bottle

INTERNATIONAL DISCOVERY ALERT

“**Actazin** is created from the New Zealand green kiwi, a plant that's unique to that part of the world. The thinning ozone layer over New Zealand has an unexpected perk—more sunlight reaches these plants, making this green kiwi much more nutrient-dense than ordinary varieties. The prebiotics, enzymes, and insoluble fiber ‘digestive boosters’ in Actazin give you extra-strength digestive support and improved regularity.”

Dr. David Williams

Probiotic Advantage® Ultra-20

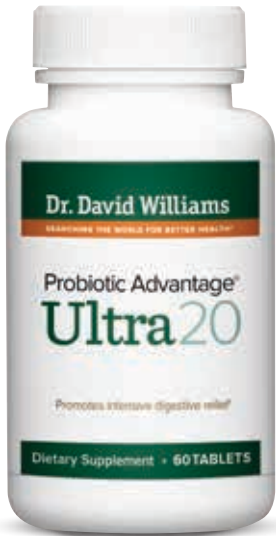
20 billion probiotics for maximum relief

Probiotic Advantage® Ultra-20 gives you 20 billion live bacteria in 10 powerful strains to support a compromised digestive system. It's ideal if you need serious support. Plus, you get 250 mg of Actazin, a rare green kiwi extract that supports digestion and regularity.

SUPPLEMENT FACTS 2 TABLETS GIVE YOU:

Sodium 15 mg; Probiotic Blend † *L. plantarum*, *L. acidophilus*, *L. rhamnosus*, *B. bifidum*, *B. infantis*, *B. lactis*, *B. longum*, *L. gasseri*, *L. paracasei*, *L. salivarius* **20 billion CFU; Kiwi Extract** † (fruit) **250 mg**

Contains: Milk
Contains trace amounts of milk protein from the manufacturing process.
Suitable for individuals following lactose-restricted and lactose-free diets
†With BIO-tract®, a patented technology and registered trademark of Nutraceutix.
*Actazin™ is a trademark of Anagenix LTD.



RECOMMENDED DOSE:
Take 2 controlled-release tablets daily prior to a meal.

Probiotic Advantage® Ultra-20		Item # UPB01	
60 tablets, 30-day supply	Supply	Reg. Price	Your Price
BUY 5, GET 2 FREE—SAVE \$79.98	7-Mo.	\$279.93	\$199.95
BUY 3, GET 1 FREE—SAVE \$39.99	4-Mo.	\$159.96	\$119.97
1 Bottle	1-Mo.	—	\$39.99

Digestive Enzyme Advantage™

Breaks down hard-to-digest foods

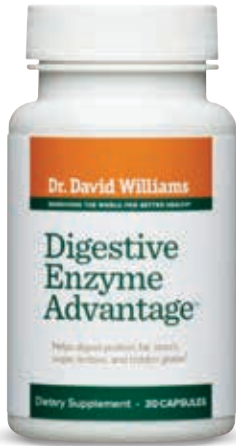
Digestive Enzyme Advantage gives you a complete range of digestive enzymes that break down hard-to-digest foods including complex carbohydrates, starches, fats, sugars, proteins, and even lactose and hidden gluten.

It also contains other stomach-soothing herbs to support a healthy intestinal tract and keep you comfortable. Plus, you get a special protein from a protease enzyme that has been shown to break down casein and gluten proteins. It's the perfect companion to your probiotic.

SUPPLEMENT FACTS
1 CAPSULE GIVES YOU:

Digestive Enzyme Blend Protease (from *A. oryzae*, *A. niger*, *A. melleus*), Amylase (from *A. oryzae*), Alpha Galactosidase (from *A. niger*), Glucoamylase (from *A. niger*), Lactase (from *A. oryzae*), Invertase (from *S. cerevisiae*), Lipase (from *C. rugosa*, *A. niger*, *R. oryzae*), Acid Maltase (from *R. oryzae*), Peptidase (from *A. oryzae*) **210 mg; Soothing Herbal Blend** Gentian Extract (root), Dandelion Extract (root) **200 mg; Ox Bile Powder** (from bovine) **100 mg**

RECOMMENDED DOSE: Take 1 capsule as needed before a meal.



Digestive Enzyme Advantage™		Item # DEA01	
30 capsules, 30-day supply	Supply	Reg. Price	Your Price
BUY 5, GET 2 FREE—SAVE \$49.98	7-Mo.	\$174.93	\$124.95
BUY 3, GET 1 FREE—SAVE \$24.99	4-Mo.	\$99.96	\$74.97
1 Bottle	1-Mo.	—	\$24.99

WARNING: This product is not meant to treat, cure, or prevent celiac disease or gluten intolerance. Individuals with celiac disease or gluten intolerance should continue to avoid gluten. Pregnant or lactating women should consult a health care professional before taking this product.

“Giving your digestive system a combination of good bacteria and digestive enzymes is the best way to ensure it is running smoothly. You truly will feel the difference.”

Dr. David Williams



Probiotic lozenges deliver year-round oral and sinus support

For decades, I've continually stressed the importance of probiotics and their relationship to the intestinal tract. I feel just as strongly about probiotics for oral health.

The strains and balance of bacteria in oral probiotics is totally different from intestinal probiotics. But the goal is the same—trying to naturally promote beneficial bacteria.

The state of your mouth is often a strong indicator of the health of your entire body. The primary benefit of probiotic flora in your oral cavity—the mouth, throat, nose, sinuses and ear canals—is to support a healthy immune system. Plus, it helps freshen your breath.

The research is impressive

Probiotic Advantage® Oral Sinus contains a powerful combination of *S. salivarius* K12 and *S. salivarius* M18, the ONLY probiotics developed to colonize in the oral cavity. In one clinical study, *S. salivarius* K12 was shown to help promote throat, pharynx, and ear health in children.¹ In a separate clinical study, *S. salivarius* K12 promoted a healthy environment for the throat and pharynx in adults when taken on a daily basis.² Plus, you get *L. reuteri*, which has been shown to support healthy teeth, mouth, and gums.

I take **Probiotic Advantage Oral Sinus** every day and suggest you do as well. It's not just important as we grow older and are trying to take a load off our immune system. The problems associated with oral bacteria start early in life. That's why I think oral probiotics are just as important as digestive probiotics and should be taken by everyone.

SUPPLEMENT FACTS | 1 LOZENGE GIVES YOU:

Vitamin D (as cholecalciferol) **400 IU**; **Zinc** (as oxide) **5 mg**;
Oral Probiotic Blend† *L. reuteri*, *S. salivarius* K12,
S. salivarius M18 **40 mg**.

Contains: Milk (Product may contain trace amounts of milk from fermentation process.)

†Contains 1 billion live bacteria when manufactured and provides an effective level until at least the expiration date.



RECOMMENDED DOSE: Adults and children 4 and older: Dissolve 1 lozenge in mouth once or twice daily, preferably after brushing teeth and/or mouthwash, and then swallow.

Probiotic Advantage® Oral Sinus		Item # BLS01	
50 lozenges	Supply	Reg. Price	Your Price
BUY 5, GET 2 FREE—SAVE \$49.98	7-Btl.	\$174.93	\$124.95
BUY 3, GET 1 FREE—SAVE \$24.99	4-Btl.	\$99.96	\$74.97
1 Bottle	1-Btl.	—	\$24.99

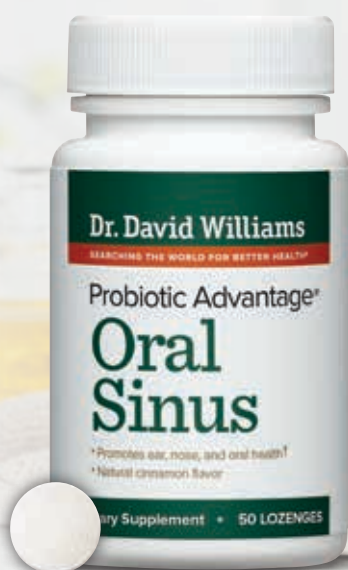
¹ Di Pierro F, et al. *Int J Gen Med*. 2012;5:991–97.

² Di Pierro F, et al. *Expert Opin Biol Ther*. 2013;13(3):339–43.

“...I take one before I go to sleep every night and it keeps my nasal passages clear so I can breathe through my nose! Very excited about that.*”

—Online Review

*Results may vary.

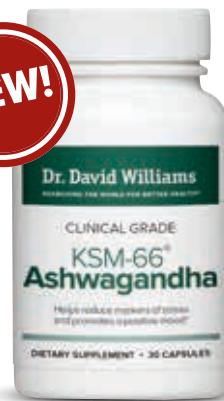


Freshens
breath



Clinically Studied Ashwagandha

REDUCES STRESS and BOOSTS Your MOOD



Clinical Grade Ashwagandha gives you the clinically studied and award-winning form of KSM-66® Ashwagandha extract. Containing the highest concentration root extract and considered to be the world's best ashwagandha, this form of the powerful adaptogen helps brighten mood and relieve stress while enhancing energy levels, mental and physical well-being, and overall quality of life.

- Reduces feelings of stress
- Enhances and brightens mood
- Reduces serum cortisol levels
- Stimulant free, no jitters, non-habit-forming

SUPPLEMENT FACTS | 1 CAPSULE GIVES YOU:

KSM-66®† Ashwagandha Extract (root) 600 mg

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

†KSM-66 is a registered trademark of Ixoreal Biomed Pvt. Ltd.

DOCTOR'S SUGGESTED USE: Take 1 capsule daily with a meal.

KSM-66® Ashwagandha

Item # CGA01

30 capsules, 30-day supply

Supply Reg. Price Your Price

BUY 5, GET 2 FREE—SAVE \$29.98

7-Mo.

~~\$104.93~~

\$74.95

BUY 3, GET 1 FREE—SAVE \$14.99

4-Mo.

~~\$59.96~~

\$44.97

1 Bottle

1-Mo.

—

\$14.99

ADAPTOGENS:

Nature's Stress and Fatigue Fighters

Are you stressed or fatigued? One of my favorite healthy ways to get through the day is with adaptogens. You're probably thinking adapta-what? An adaptogen is a nontoxic plant that treats a wide-ranging list of stress-related concerns by helping your body adapt to stress and resist fatigue as well as keep your body in balance.

Here's some of my favorite adaptogens that I refuse to go a day without. Plus, I've included them in several of my exclusive formulas.



ASHWAGANDHA has a long history of traditional use in Ayurvedic medicine—supporting mental function, positive mood, and your body's stress response. Plus, it's an outstanding antioxidant that gives you added immune system support.



GINSENG is one of the most well-known adaptogens that has been used in traditional Chinese medicine to enhance energy levels and regulate the adrenal glands.



RHODIOLA ROSEA is backed by numerous studies, including a double-blind, clinical trial showing it fights fatigue and enhances physical and mental performance.

Other studies show it helps with irritability and sleep trouble, and enhances mood, memory function, and more.



FREE SHIPPING + FREE VITAMIN D!

**On All Orders—
NO MINIMUM**

I can honestly tell you...

This natural mood booster changed my life

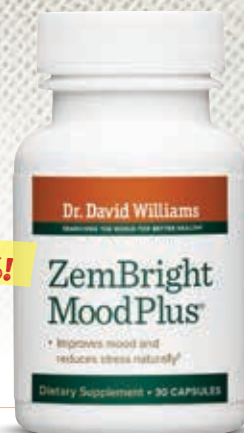
Sometimes you just need a little help to handle tough times. Zembrin®, a patented extract from carefully selected *Sceletium tortuosum* plants native to South Africa helps you cope with whatever comes your way—so you feel in control again!

Research shows Zembrin **increases the levels of serotonin and serotonin neurotransmission to positively affect mood, attitude, and outlook on life.**

ZemBright Mood Plus® combines this ancient botanical with **KSM-66® Ashwagandha**, an adaptive herb that helps your adrenals achieve internal harmony. I was floored by the amazing study results!

One study reported a significant reduction on the anxiety and mood testing scale...a notable reduction in the Perceived Stress Scale (PSS)...and levels of the stress hormone cortisol also dropped!

I've also included active B vitamins in **ZemBright Mood Plus** to support healthy brain and nerve cells and reduce mental fatigue.



TRY ME—SAVE 50%!
WITH ANY PURCHASE!*

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.

ZemBright Mood Plus®		Item # ZMP01	
30 capsules, 30-day supply	Supply	Reg. Price	Your Price
BUY 5, GET 2 FREE—SAVE \$69.98	7-Btl.	\$244.93	\$174.95
BUY 3, GET 1 FREE—SAVE \$34.99	4-Btl.	\$139.96	\$104.97
1 Bottle	1-Btl.	—	\$34.99
1 Bottle—SPECIAL TRY ME PRICE*	1-Btl.	—	\$17.49

*Limit one per customer at Try Me price; not available on AutoDelivery.

INTERNATIONAL DISCOVERY ALERT

Sceletium tortuosum plant native to South Africa

“The native San Bushmen of South Africa refer to this magical plant as ‘kama,’ ‘channa,’ or ‘kougoed.’ Centuries before European explorers arrived, the San people used the plant to help increase their energy, elevate their mood, and reduce effects of stress. Supplies are closely guarded, and exports are tightly controlled to ensure sustainable harvests. I had to get special permission from the San Bushman tribal leaders to get access to this amazing herb.”

Dr. David Williams

Lock in free shipping forever & these **great low prices** with **AUTO DELIVERY**

My Strongest Formula Yet

ULTIMATE RE

from hurting joints

You and I both know that joint discomfort can have a huge impact on daily life. Stiff, achy joints can really limit your mobility as well as zap your energy and spirit. That's no way to live. And that's why I'm a self-described "fanatic" for finding the best, most effective natural solutions for healthy, comfortable joints.

For nagging joint discomfort, you need more than a quick, temporary fix. You need to help support your body's healthy inflammatory response so discomfort doesn't stick around, and so you can maintain overall joint health. I developed **Joint Advantage Gold® 5X + Turmeric**, to do just that.

This powerhouse includes my traditional herbal blends as well as clinically studied ingredients for healthy, comfortable joints, plus a full 1,000 mg research dose of Meriva® Phytosome Turmeric Extract to help reduce inflammatory markers.

MERIVA—Nature's best kept secret for discomfort & flexibility

I have been a huge fan of turmeric for years. It's one of the only herbs I know of that can singlehandedly address some of today's greatest health threats, including joint discomfort and inflammation throughout the body. Research has shown that Meriva is 45 times more bioavailable than ordinary curcumin!

In a recent clinical study, participants taking 1,000 mg/day of Meriva for 90 days reported a decrease in discomfort by almost 50%, a decrease

in stiffness, and an improvement in physical function. Even more impressive, Meriva was able to significantly reduce levels of C-reactive protein (CRP), an important inflammatory marker in the body.

The studies on Meriva used the WOMAC index, the gold standard of testing protocol for all joint and bone research. No doubt about it, Meriva delivers outstanding relief that lasts!

AprèsFlex® Boswellia serrata extract delivers rapid relief

AprèsFlex is clinically shown to help promote healthy inflammatory markers in the body while reducing joint discomfort and stiffness starting in as little as 5 days! Standard boswellia is poorly absorbed by your bloodstream because it contains a glycoprotein that acts as a barrier. But AprèsFlex is enriched with an additional blend of natural compounds from the boswellia tree that inhibits the glycoprotein and significantly improves absorption. Plus, AprèsFlex goes to work to reduce 5 of your body's top inflammatory markers...not just the COX-1 and COX-2 enzymes. **See page 14 for more information.**

NEM® eggshell membrane

NEM is packed with joint-friendly nutrients, including chondroitin, hyaluronic acid, collagen and other glycosaminoglycans. When put to the test, 500 mg daily helps relieve everyday discomfort, including a decrease in post-exercise induced pain.



LIEF



Glucosamine sulfate

Study after study confirms that 1,500 mg of glucosamine sulfate helps promote healthy, comfortable joints. It can take a while to start feeling relief, though, which is why I always combine glucosamine with other botanicals and natural ingredients shown to start bringing relief more rapidly.

Traditional, exotic botanicals from around the world

I've travelled to Australia, Europe, and many other countries researching traditionally used herbs. Wild rosella, devil's claw, white willow, yucca, feverfew, celery seed, bromelain, and papaya—are ones I've been recommending for over a decade to help support every day aches and pains.



White Willow Bark

Yucca Root



Celery Seed

Devil's Claw



“I developed this powerhouse to help tackle your toughest joint discomfort!”

Dr. David Williams

SUPPLEMENT FACTS | 6 TABLETS GIVE YOU:

Calcium (from dicalcium phosphate, eggshell membrane) **260 mg**;
Glucosamine Sulfate (from chitin) **1,500 mg**; **Meriva®***
Phytosome Turmeric Extract (rhizome), Phosphatidylcholine (from sunflower) **1,000 mg**; **NEM®†** **Eggshell Membrane 500 mg**;
HerbaZyme® **Soothing Blend** Hibiscus Extract (Wild rosella, flower), Devil's Claw [*Harpagophytum procumbens* Extract (root) and *Harpagophytum zeyheri* Extract (root)], White Willow Extract (bark), Yucca Extract (root), Feverfew Extract (aerial), Celery Extract (seed), Papaya Extract (fruit), Bromelain (from pineapple) **400 mg**; **AprèsFlex®‡** **Boswellia serrata Extract** (gum resin) **100 mg**; **Bovine Cartilage 100 mg**

Contains: Shellfish (shrimp, crab), egg

*Meriva® is a registered trademark of Indena S.p.A.

†NEM® is a registered trademark of ESM Technologies, LLC.

‡AprèsFlex is a registered trademark of Laila Nutraceuticals exclusively licensed to PL Thomas—Laila Nutra LLC. International patents pending.

RECOMMENDED DOSE: Take 6 tablets daily, 3 with breakfast and 3 with lunch or dinner.



★★★★☆ “Best thing EVER!”

Joint Advantage Gold® 5X + Turmeric

Item # JWT01

180 tablets, 30-day supply	Supply	Reg. Price	Your Price
BUY 5, GET 2 FREE—SAVE \$99.98	7-Mo.	\$349.93	\$249.95
BUY 3, GET 1 FREE—SAVE \$49.99	4-Mo.	\$199.96	\$149.97
1 Bottle	1-Mo.	—	\$49.99

Comforts **NAGGING,** **ACHING JOINTS**

Joint Advantage Gold® 5X gives you fast relief from joint discomfort. In fact, you'll begin to feel relief in as little as 5 days with AprèsFlex.

Years ago, during my travels to India, I learned that the gum resin from the boswellia tree has been used in Ayurvedic medicine for over 3,000 years to soothe joints. The problem is the standard form of boswellia is poorly absorbed by your bloodstream because it contains a glycoprotein that acts as a barrier. Then I found AprèsFlex, the king of boswellia. The extract is enriched with an additional blend of natural compounds from the boswellia tree, which inhibit the glycoprotein and significantly improve absorption.

In laboratory studies, AprèsFlex showed 51.78% greater absorption of AKBA, which is an active compound that inhibits the inflammatory pathways, compared to another popular boswellia product. And the research doesn't stop there.

Clinical research shows real relief

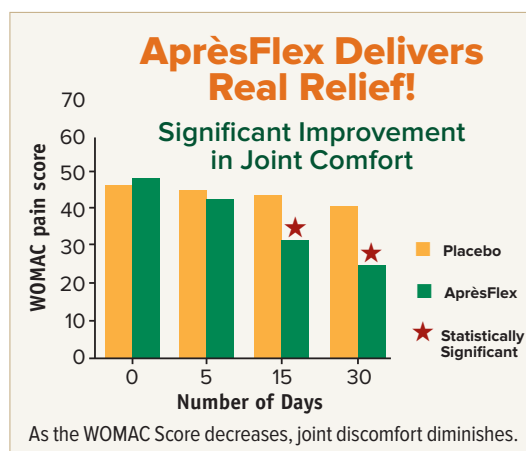
In a double-blind, randomized, placebo-controlled study, 59 individuals with stiff, achy joints took 100 mg of AprèsFlex or a placebo daily for 30 days. Three tests were used to measure discomfort, stiffness, and physical function—and in all 3, AprèsFlex came out on top.¹

- In a measure of pain intensity, with each participant indicating their perceived perception of pain, AprèsFlex showed a 14.8% better reduction than the placebo—starting in just 5 days.
- In a measure of daily functions hindered by discomfort, AprèsFlex showed a 16.3% better reduction—starting in just 5 days.
- And after 30 days, those taking AprèsFlex reported a 49.5% improvement in joint comfort...a 48.4%

improvement in stiffness...and a 45.2% improvement in functional ability.

In other research, AprèsFlex was shown to reduce the level of 5 of the body's top inflammatory markers. What's more, AprèsFlex was more effective than the leading boswellia extract at reducing the 5-LOX enzyme that contributes to the body's inflammatory response.

Plus, you get NEM, glucosamine sulfate, and my blend of traditional exotic botanicals from around the world for healthy, comfortable joints.



¹ Vishal A, et al. Int J Med Sci. 2011;8(7):615–22.

SUPPLEMENT FACTS | 4 TABLETS GIVE YOU:

Calcium (from dicalcium phosphate, eggshell membrane) **170 mg;**
Glucosamine Sulfate (from chitin) **1,500 mg;** **NEM®† Eggshell Membrane 500 mg;** **HerbaZyme® Soothing Blend** Hibiscus Extract (wild rosella, flower), Devil's Claw [*Harpagophytum procumbens* Extract (root) and *Harpagophytum zeyheri* Extract (root)], White Willow Extract (bark), Yucca Extract (root), Feverfew Extract (aerial), Celery Extract (seed), Papaya Extract (fruit), Bromelain (from pineapple) **400 mg;** **AprèsFlex®* Boswellia serrata Extract** (gum resin) **100 mg;** **Bovine Cartilage 100 mg**

Contains: Shellfish (shrimp, crab), egg

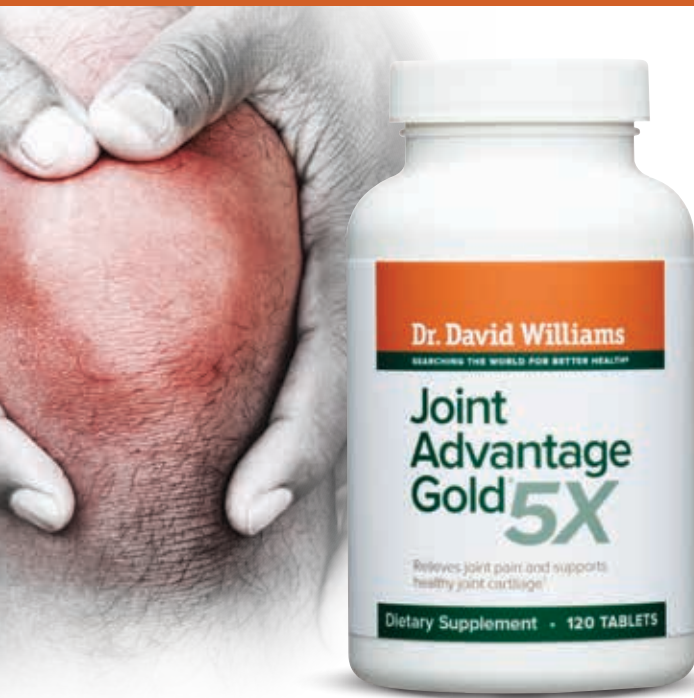
† **NEM®** is a registered trademark of ESM Technologies, LLC.

* **AprèsFlex®** is a registered trademark of Laila Nutraceuticals exclusively licensed to PL Thomas—Laila Nutra LLC. International patents pending.



FREE SHIPPING + FREE VITAMIN D!

**On All Orders—
NO MINIMUM**



“Thanks for making Joint Advantage Gold 5X...There is improvement in mobility, and less stiffness.”

—Harold D.

*Results may vary.

RECOMMENDED DOSE: Take 4 tablets daily, 2 with breakfast and 2 with lunch or dinner.

Joint Advantage Gold® 5X		Item # ESJ01	
120 tablets, 30-day supply	Supply	Reg. Price	Your Price
BUY 5, GET 2 FREE*—SAVE \$79.98	7-Mo.	\$279.93	\$199.95
BUY 3, GET 1 FREE**—SAVE \$39.99	4-Mo.	\$159.96	\$119.97
1 Bottle	1-Mo.	—	\$39.99

*Buy 5 Get 2 Free: Two 3-month (360 tablets ea.) bottles + one 1-month (120 tablets ea.) bottle

**Buy 3 Get 1 Free: One 3-month (360 tablets ea.) bottle + one 1-month (120 tablets ea.) bottle

Joint Advantage Gold®

Tried-and-true support

I've formulated **Joint Advantage Gold® Original** to help keep your joints healthy and comfortable. It contains key ingredients to help reduce everyday aches and pains, ease stiffness, improve mobility and flexibility, and promote healthy joints.

Each **Joint Advantage Gold Original** tablet contains glucosamine, boswellia, bromelain, NEM eggshell membrane, and a blend of herbs that include lemon myrtle, mountain pepper, aniseed myrtle, wild rosella, devil's claw, white willow, yucca, feverfew, celery seed, and papaya. The international herbal blend has been used since the 16th Century to support everyday aches and pains.

SUPPLEMENT FACTS | 4 TABLETS GIVE YOU:

Calcium (from dicalcium phosphate, eggshell membrane) **160 mg**;
Glucosamine Sulfate (from chitin) **1,500 mg**; **Boswellia Extract** (oleo-gum resin) **616 mg**; **NEM® Eggshell Membrane*** **500 mg**; **Bromelain** (from pineapple) **400 mg**; **Australian Herbal Blend** Hibiscus Extract (wild rosella, flower), Lemon Myrtle Powder (leaf), Aniseed Myrtle Powder (leaf), Mountain Pepper Powder (leaf) **260 mg**;
International Herbal Blend Devil's Claw Extract (*Harpagophytum procumbens* and *Harpagophytum zeyheri*, root), White Willow Extract (bark), Yucca Extract (root), Feverfew Extract (aerial), Celery Extract (seed), Papaya Extract (fruit) **216 mg**; **Bovine Cartilage** **100 mg**

Contains: Crustacean shellfish (shrimp, crab), egg

*NEM is a registered trademark of ESM Technologies, LLC.



RECOMMENDED DOSE: Take 4 tablets daily, 2 with breakfast and 2 with lunch or dinner.

★★★★☆ “Have been using for years. Great product!”

Joint Advantage Gold® Original		Item # JAG01	
120 tablets, 30-day supply	Supply	Reg. Price	Your Price
BUY 5, GET 2 FREE*—SAVE \$69.98	7-Mo.	\$244.93	\$174.95
BUY 3, GET 1 FREE**—SAVE \$34.99	4-Mo.	\$139.96	\$104.97
1 Bottle	1-Mo.	—	\$34.99

*Buy 5 Get 2 Free: Two 3-month (360 tablets ea.) bottles + one 1-month (120 tablets ea.) bottle

**Buy 3 Get 1 Free: One 3-month (360 tablets ea.) bottle + one 1-month (120 tablets ea.) bottle

1 ESSENTIAL VITAMINS, MINERALS & ANTIOXIDANTS

Incredible head-to-toe support with core vitamins, minerals, and antioxidants everyone needs including: full B-vitamin family for normal homocysteine levels and cardiovascular health, highly absorbable CoQ10 for energy and stamina, N-acetyl L-cysteine (NAC) and alpha lipoic acid, 2 of nature's most powerful detoxifiers.

SUPPLEMENT FACTS | 8 CAPSULES GIVE YOU:

Vitamin A (as beta-carotene, retinyl palmitate) **10,000 IU**; **Vitamin C** (as ascorbic acid, mineral ascorbates) **1,000 mg**; **Vitamin D3** (as cholecalciferol) **1,000 IU**; **Vitamin E** (as d-alpha-tocopheryl succinate, mixed tocopherols) **200 IU**; **Thiamine** **50 mg**; **Riboflavin** **50 mg**; **Niacin** **130 mg**; **Vitamin B6** **110 mg**; **Folic Acid** **400 mcg**; **Vitamin B12** (as cyanocobalamin) **100 mcg**; **Biotin** **300 mcg**; **Pantothenic Acid** **150 mg**; **Calcium** (as carbonate, citrate, malate, ascorbate) **1,000 mg**; **Iodine** (from kelp) **100 mcg**; **Magnesium** **500 mg**; **Zinc** **20 mg**; **Selenium** **200 mcg**; **Copper** **2 mg**; **Manganese** **10 mg**; **Chromium** **200 mcg**; **Molybdenum** **100 mcg**; **Potassium** **100 mg**; **Choline** **100 mg**; **Inositol** **100 mg**; **N-Acetyl L-Cysteine** **50 mg**; **Trace mineral complex** **50 mg**; **Para-aminobenzoic Acid (PABA)** **30 mg**; **Silica** **26 mg**; **CoQ10** **10 mg**; **Alpha Lipoic Acid** **10 mg**; **Boron** **1,000 mcg**; **Vanadium** **150 mcg**

2 ADVANCED PHYTONUTRIENT SHIELD®

In addition to the antioxidants that are well known for their tremendous free radical-fighting capacity, you get what I consider my "VIP list" of antioxidants, including resveratrol and tocotrienols, as well as advanced phytonutrients from nature's strongest superfruits: berry extracts, olive fruit extract, and more.

SUPPLEMENT FACTS | 2 CAPSULES GIVE YOU:

Blueberry extract **100 mg**; **Cranberry extract** **100 mg**; **Pomegranate** **80 mg**; **Sweet Cherry extract** **80 mg**; **Olive extract** **50 mg**; **Quercetin** **50 mg**; **Citrus bioflavonoids** **40 mg**; **Rutin** **10 mg**; **Resveratrol** **8 mg**; **Tocotrienols** **2 mg**; **Lutein** **2 mg**; **Lycopene** **1 mg**

3 HERBAL SUPERFOOD ENERGY™

Plant and herbal extracts that help support mental and physical energy, including a specific family of superfoods called adaptogens. Ashwagandha and eleuthero are just 2 of the powerful adaptogens in Daily Advantage.

SUPPLEMENT FACTS | 4 CAPSULES GIVE YOU:

Spirulina **600 mg**; **Turmeric Powder** **200 mg**; **Eleuthero Powder** **180 mg**; **Ashwagandha extract** **100 mg**; **Green tea extract** **100 mg**; **Rhodiola extract** **80 mg**; **Turmeric extract** **50 mg**; **Ginger Powder** **50 mg**; **Eleuthero extract** **50 mg**; **Pancreatin** **50 mg**; **Ox Bile** **50 mg**; **Asian ginseng extract** **80 mg**; **Betaine HCl** **20 mg**; **Lipase** **10 mg**; **Cellulase** **10 mg**; **Maltase** **10 mg**; **Protease** **10 mg**; **Amylase** **10 mg**

4 CLINICAL GRADE CODMARINE® FISH OIL



A daily dose of 600 mg of DHA and 200 mg of EPA helps support brain function, eye health, cardiovascular health, plus immune and joint health.

SUPPLEMENT FACTS | 2 SOFTGELS GIVE YOU:

CodMarine® Arctic Fish Oil **2 g**; **DHA*** **600 mg**; **EPA*** **200 mg**

Contains: Fish (northeast Arctic cod, saithe, haddock)

*As triglycerides; † CodMarine® is a registered trademark of Pharma Marine AS, Norway. MSC Chain of Custody certification code MSC-C-54671. From an MSC certified sustainable fishery. www.msc.org

DIY INSTANT HOME REMEDY

Stop Hiccups with 3 Easy Tricks

Hiccups can occur when you overeat, drink carbonated beverages, or have an illness that irritates the phrenic nerve in the diaphragm (the large, flat muscle dividing your chest from your stomach). Although hiccups

usually last less than an hour, they can persist for hours or even days. Regardless of their duration, however long you have to put up with them is too long. Try these solutions the next time your throat decides to backfire.



PUT YOUR HICCUPS ON ICE.

Hold something cold (ice cubes, a couple cold cans of beer or soda, etc.) on both sides of your Adam's apple on your throat. Do this for about a minute and the hiccups will stop completely.

A multivitamin is no longer optional.



It's a must for staying healthy—*here's why.*

It may be hard for most people to believe, since we have an abundant supply of food in this country, but the majority of our society is malnourished.

Compared to just a few decades ago, the vegetables and fruits available today have far less beneficial phytochemicals. And overconsumption of processed foods and sugars leave us without the micro- and macronutrients we need to function optimally. I've long written that the right vitamins and minerals are needed in the diet to maintain true wellness.

But not all multivitamins contain what you need to stay healthy and feeling youthful. After decades of research, I put what I believe to be the best nutrients together in **Daily Advantage®**.

And for over 20 years, no other daily multivitamin has come close!

I originally introduced **Daily Advantage** back in 1997 when most people weren't even thinking about taking vitamins. Yet, today, taking a comprehensive multivitamin is more important than ever.

It has always been my belief that you need to be proactive when it comes to your health. I feel it's imperative that you have an arsenal of protective fatty acids, proteins, minerals, and vitamins whenever possible. And **Daily Advantage** continues to provide just that.

Because of my background, knowledge, and relationships I've formed with experts around the world, I'm able to provide you with the exclusive combination of nutrients in **Daily Advantage**. In 2 small packets a day, **Daily Advantage** gives you 4 outstanding complexes with nutrients from across the globe.

RECOMMENDED DOSE: For best results, take **2 packets daily**, 1 packet (8 pills) with your morning meal and 1 packet (8 pills) with your midday or evening meal. Take with at least 8 ounces of water.



Daily Advantage®		Item # DAD01	
60 packets, 30-day supply	Supply	Reg. Price	Your Price
BUY 5, GET 2 FREE—SAVE \$109.98	7-Mo.	\$384.93	\$274.95
BUY 3, GET 1 FREE—SAVE \$54.99	4-Mo.	\$219.96	\$164.97
1 Box	1-Mo.	—	\$54.99



PRESS ON YOUR EAR CANALS.

While drinking a glass of water, get someone to close your ear canals by pressing inward on each of the small skin flaps just in front of the ear canal. Pressure should be continued on these flaps for at least 10 seconds after the entire glass of water has been drunk.



EAT PEANUT BUTTER.

One heaping teaspoon of peanut butter never fails in curing a case of the hiccups.



Exotic international power duo keeps your cardiovascular system healthy

I've come across 2 remarkable natural substances which, when combined, represent what I consider to be one of the best ways to support your cardiovascular health. I've combined these powerhouses in my **Total CardioCover®** formula. Here's the exciting story.

From the wild forests of India, the secret to optimal heart health



One of the most famous health remedies from India's traditional Ayurvedic medicine is the wild gooseberry (*Emblica officinalis*), known as amla. It's revered for its ability to support cardiovascular health. I recommend a very rare form called **AmlaMax®**. It has more antioxidants than cultivated amla. Three clinical studies found that taking 500 mg of AmlaMax a day **helps balance the ratio of HDL to LDL cholesterol to keep it in the healthy range**. Plus, it **supports healthy triglyceride levels** as well as **lowers C-reactive protein (CRP)**. The largest study was over a 6-month period.

From Japan, a breakfast food holds the key to healthy circulation



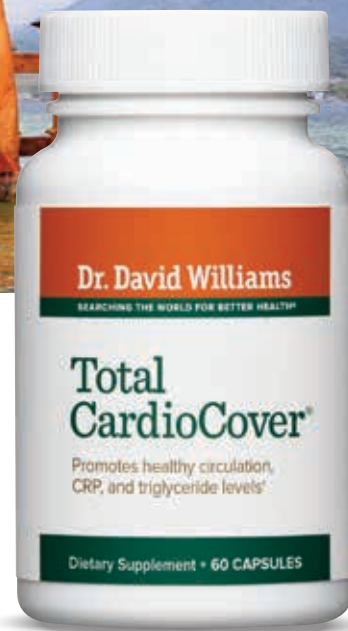
The Japanese have been eating a fermented soybean food called natto for centuries. It's an acquired taste, but it's the sticky strings that contain the clot-reducing, heart-supporting power of nattokinase.

I've long been a big proponent of nattokinase because this ancient Japanese secret has so many benefits, such as the ability to **support circulation and artery health by reducing clot-causing fibrin**.

“...My HDL cholesterol and triglycerides are good...”

—Online Review

*Results may vary.



The nattokinase I recommend was developed with a special patented process that removes the vitamin K from the natto extract. It also includes the full research dosage of 2,000 FU (fibrin units) of nattokinase per day, which is very important to its effectiveness.

To get the best results at your next checkup, it's key to take **Total CardioCover** every day, like I do. You'll be impressed with your blood test numbers and excellent circulation.

SUPPLEMENT FACTS | 2 CAPSULES GIVE YOU:

Amla Extract* (fruit) **500 mg**; **Nattokinase†** (from soy) (provides 2,000 FU research dose) **50 mg**

Contains: Soy

*AmlaMax® is a registered trademark of Dolcas Biotech, LLC.

†NSK-SD40® is a registered trademark of JBSL.



RECOMMENDED DOSE: Take 2 capsules daily, 1 with morning meal and 1 before going to bed.

Total CardioCover®		Item # TCC01	
60 capsules, 30-day supply	Supply	Reg. Price	Your Price
BUY 5, GET 2 FREE*—SAVE \$59.98	7-Mo.	\$209.93	\$149.95
BUY 3, GET 1 FREE**—SAVE \$29.99	4-Mo.	\$119.96	\$89.97
1 Bottle	1-Mo.	—	\$29.99

*Buy 5 Get 2 Free: Two 3-month (180 capsules ea.) bottles + one 1-month (60 capsules ea.) bottle

**Buy 3 Get 1 Free: One 3-month (180 capsules ea.) bottle + one 1-month (60 capsules ea.) bottle

WARNING: If you take warfarin or other blood thinning products, or are pregnant or lactating, consult a health care professional before taking this product.

Total CardioCover® + Magnesium

Cellular Energy Support

Your heart can't afford to run low on energy. That's why I added a healthy 150 mg dose of magnesium to my original **Total CardioCover** formula and created **Total CardioCover® + Magnesium**. Magnesium is vital for cellular energy production. It boosts the production of ATP (adenosine triphosphate), your body's primary "fuel." Plus, it helps the lining of your blood vessels stay healthy for optimal blood flow.

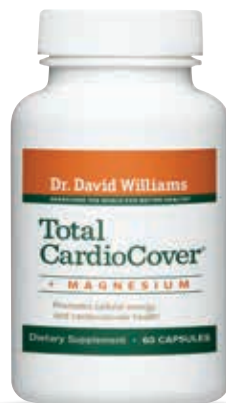
SUPPLEMENT FACTS 2 CAPSULES GIVE YOU:

Vitamin C (as mineral ascorbate) **100 mg**; **Magnesium** (as oxide, ascorbate) **150 mg**; **AmlaMax® Amla Extract*** (fruit) **500 mg**; **NSK-SD40® Nattokinase^s** (from soy) **50 mg**; (provides 2,000 FU research dose)

Contains: Soy

*AmlaMax® is a registered trademark of Dolcas Biotech, LLC.

^sNSK-SD40® is a registered trademark of JBSL.



CARDIOVASCULAR HEALTH

RECOMMENDED DOSE: Take **2 capsules daily**: 1 with morning meal and 1 before going to bed.

Total CardioCover® + Magnesium		Item # TCM01	
60 capsules, 30-day supply	Supply	Reg. Price	Your Price
BUY 5, GET 2 FREE—SAVE \$69.98	7-Mo.	\$244.93	\$174.95
BUY 3, GET 1 FREE—SAVE \$34.99	4-Mo.	\$139.96	\$104.97
1 Bottle	1-Mo.	—	\$34.99

WARNING: If you take warfarin or other blood thinning products, or are pregnant or lactating, consult a health care professional before taking this product.

DID YOU KNOW?

Taking probiotics can IMPACT YOUR CHOLESTEROL LEVELS

Increasing the amount of fiber you eat helps to keep your cholesterol levels in the normal range. Insoluble fiber is a good food for probiotic bacteria. The more you eat, the stronger they become, making it harder for undesirable bacteria to establish themselves.

Unwanted bacteria breaks bile acids down into a toxic product called lithocholate, which causes the liver to convert less cholesterol into bile acids. When less cholesterol is converted to bile acids, it begins to accumulate in the bloodstream. And less cholesterol reaches the colon where it can be excreted in bowel movements. A high-fiber diet promotes friendly bacteria that leave passing bile acids intact so your body excretes more cholesterol.



**FOR MORE ON PROBIOTICS,
VISIT DRWILLIAMS.COM
AND SEARCH "PROBIOTICS."**

Stop struggling...

Drop extra pounds and trim your waist and hips

**SAVE
60%!**

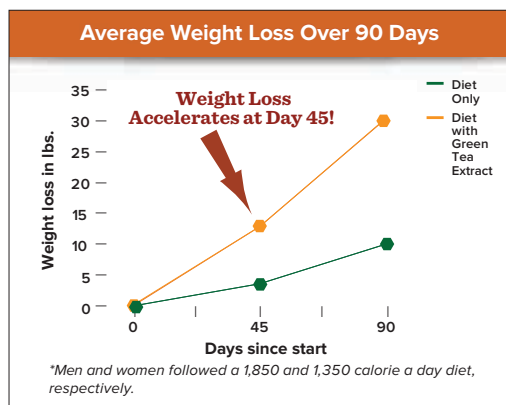

There's no such thing as a magic bullet for weight loss... but **MeraLean Advantage®** comes as close as it gets. First, it gives you Meratrim® which helps reduce body fat, even around the waist and hips.¹

Clinical studies show that participants who took 800 mg of Meratrim each day and followed a 2,000 calorie diet and walked for 30 minutes each day:

- **Lost 5 pounds and almost 2 inches off their waist after only 2 weeks**
- **Lost 12 pounds and almost 5 inches off their waist after 8 weeks**
- **Reduced hip size by almost 3 inches after 8 weeks**

That's more than 2 times better than those following diet and exercise alone!

I've combined Meratrim with GreenSelect® Phytosome which boosts metabolism and helps you burn fat. One clinical study shows that GreenSelect (along with a reduced calorie diet) helped participants lose up to 30 pounds over a 90-day period—TRIPLE the amount of a group just dieting.* Even better—instead of leveling off, weight loss actually accelerated after 45 days.²



In a separate study, participants who took 300 mg GreenSelect Phytosome, combined with a calorie-restricted diet (a 1,000 calorie reduction for men; a 750 calorie reduction for women) and exercise regimen, lost an average of 26 pounds.³ That's 2X the weight loss of the placebo group! And, a reduced BMI and waist circumference!

Plus, you get green coffee extract to help keep your blood sugar steady and crominex® 3+ which is clinically shown to support your glucose metabolism, improve insulin sensitivity, and help maintain healthy blood glucose levels.

SUPPLEMENT FACTS 2 CAPSULES GIVE YOU:

Chromium [as Crominex® 3+ & chromium stabilized with Capros® standardized Amla Extract (fruit) and PrimaVie® purified and standardized Shilajit] **200 mcg; Meratrim® § Blend** *Sphaeranthus indicus* Extract (flower heads), *Garcinia mangostana* Extract (fruit rind) **800 mg; Green Coffee Extract** (fruit, decaffeinated) **400 mg; GreenSelect® ♦ Phytosome** Phosphatidylcholine (from soy), Green Tea Extract (leaf, decaffeinated) **300 mg**

Contains: Soy

[†]Crominex® 3+, Capros® and PrimaVie® are registered trademarks of Natreon, Inc.

[§]MERATRIM®, a proprietary blend of two natural plant extracts

MERATRIM® is exclusively distributed by InterHealth N.I.

♦GreenSelect® is a registered trademark of Indena S.p.A.



RECOMMENDED DOSE: Take 2 capsules daily, 1 in the morning and 1 in the evening 30 minutes before a meal.

MeraLean Advantage®		Item # TON01	SAVE 60%!
60 capsules, 30-day supply	Supply	Reg. Price	
1 Bottle*—SAVE \$30.00	1-Mo.	\$49.99	\$19.99

*You may order up to 6 bottles at this special low price.

¹ Stern JS, et al. *J Med Food*. 2013;16(6):529–37.

² Di Pierro F, et al. *Altern Med Rev*. 2009;14(2):154–60.

³ Belcaro G, et al. *Evid Based Complement Alternat Med*. 2013;1–7. Article ID 869061.

EVERYDAY VALUE PRODUCTS

\$19.99 or LESS!

Critical for your bones, immune system, and more

You've seen the studies, vitamin D is critical for everything from immune health to strong, healthy bones and cardiovascular function. Plus, it helps maintain muscle strength, elevates mood, and even helps your body process sugar properly. **Vitamin D3** delivers a full 5,000 IU of the most potent and absorbable form of vitamin D, so you'll get the greatest benefits.



Vitamin D3		Item # VDH01	
30 softgels, 30-day supply	Supply	Reg. Price	Your Price
BUY 5, GET 2 FREE—SAVE \$19.98	7-Mo.	\$69.93	\$49.95
BUY 3, GET 1 FREE—SAVE \$9.99	4-Mo.	\$39.96	\$29.97
1 Bottle	1-Mo.	—	\$9.99

Get extra brain health support with this overlooked B vitamin

Latest research shows that niacinamide (vitamin B3) plays an important role in brain health. Plus, a preliminary study shows that taking a pure form of niacinamide can boost circulation, promote joint flexibility, and support healthy cartilage and connective tissue for life.



Niacinamide		Item # NIA01	
100 capsules, 100-day supply	Supply	Reg. Price	Your Price
BUY 5, GET 2 FREE—SAVE \$29.98	7-Mo.	\$104.93	\$74.95
BUY 3, GET 1 FREE—SAVE \$14.99	4-Mo.	\$59.96	\$44.97
1 Bottle	1-Mo.	—	\$14.99

Promotes a healthy thyroid and metabolism

Healthy Thyroid™ supports thyroid function with a unique, extremely pure form of brown seaweed called VitaKelp®. The VitaKelp species, *Ascophyllum nodosum* contains nutrients and minerals, including a highly absorbable form of iodine, which is a major contributor to the function of your thyroid gland, especially the creation of T3 and T4 hormones.



Healthy Thyroid™		Item # SGN01	
60 capsules, 30-day supply	Supply	Reg. Price	Your Price
BUY 5, GET 2 FREE—SAVE \$39.98	7-Mo.	\$139.93	\$99.95
BUY 3, GET 1 FREE—SAVE \$19.99	4-Mo.	\$79.96	\$59.97
1 Bottle	1-Mo.	—	\$19.99

The antioxidant power of the world's best teas

Total Tea Extracts™ combines 5 of the most beneficial teas—green, white, oolong, hibiscus, and AssuriTEA®, a clinically studied combination of green and black tea. It gives you free-radical fighting power, plus research shows that AssuriTEA supports cardiovascular health and helps maintain healthy blood pressure and blood sugar levels already in the normal range.



Total Tea Extracts™		Item # TTE01	
60 capsules, 30-day supply	Supply	Reg. Price	Your Price
BUY 5, GET 2 FREE—SAVE \$39.98	7-Mo.	\$139.93	\$99.95
BUY 3, GET 1 FREE—SAVE \$19.99	4-Mo.	\$79.96	\$59.97
1 Bottle	1-Mo.	—	\$19.99

For full lists of ingredients, please visit drdavidwilliams.com.

JOIN THE CONVERSATION



“I admit, I wasn't a huge fan of social media at first. In fact, I had to have someone help me post the first time. But my mission has always been to help people and Facebook is a great way to stay connected.”

Dr. David Williams

Here's what you've missed

if you haven't been on Facebook lately.

Q: Is vinegar also good for gut health?
The apple cider kind.

A: Yes, apple cider vinegar is good for gut health, especially reducing gas. You may want to mix 1 tablespoon in a large glass of ice water and take at each meal. It increases hydrochloric acid production, which helps protect the stomach and intestinal lining, and improves digestion.



Q: I see you talk about stuff to eat for prebiotics... good stuff. So what in your opinion is **THE BEST** supplement for **PREBIOTICS** you have come across?

A: When, and if, you can easily supply your body with ample prebiotics from the diet, I don't recommend or see the need for a prebiotic supplement. Prebiotics occur in a wide variety of vegetables and fruits. Examples of vegetables include asparagus, leeks, artichokes, garlic, carrots, peas, beans, onions, chicory, jicama, broccoli, tomatoes, cauliflower, kale, spinach, and chard. As for fruits, fresh or frozen bananas, cherries, apples, pears, oranges, strawberries, cranberries, kiwi, and berries are all good sources. Nuts are also a prebiotic source. If you have problems with digesting the above foods, I suggest chewing on a Lactic Acid Yeast wafer with each meal for about 5–7 days. And of course, I highly recommend taking a probiotic every day. Doing both of these things is one of the easiest and quickest ways to allow your body to adapt to any of the prebiotic foods I listed above.



For more great health tips visit **Dr. Williams on Facebook!** 



Outsmart Aging...

Go golfing at 5 p.m., not to dinner...go dancing at 9 p.m., not to bed. Forget the age on your driver's license. Enjoy the freedom and wisdom that comes with each birthday with robust good health and a strong, healthy mind. It's all possible with good nutrition, exercise, and the key ingredients found in my power duo for optimal mind and body support—**ResveraPrime® Advantage** and **CogniPrime® Advantage**.

ResveraPrime Advantage gives you research levels of Setria® L-glutathione, the most effective form of the powerful antioxidant glutathione. 250 mg of this active, reduced form delivers tremendous antioxidant, immune and detoxification benefits.¹ I've also included Extramel® melon extract to help reduce symptoms of stress and trans resveratrol to help enhance cellular health.

Clinically studied nutrients help keep your brain primed for peak performance

While **ResveraPrime Advantage** supports your body, **CogniPrime Advantage** contains a specific combination of nutrients including Cereboost™ American Ginseng Extract and Synapsa® Bacopa Extract that work together to support your brain and cognitive health.

One study found that both attention and recall improved in individuals given Cereboost, a premium American ginseng full of brain-nourishing ginsenosides. That means support for recalling numbers, names, and words!

In another study, participants given 250–320 mg of Bacopa extract performed better on 5 cognitive function tests than those taking the placebo.²

CogniPrime Advantage also gives you vitamins B6 and B12 for neurotransmission support and overall brain health. And I've included vitamin D and folic acid, which support normal homocysteine levels for optimal cognitive function.

¹ Jones DP. *Am J Physiol Cell Physiol*. 2008;295:C849–868

² Roodenrys S, et al. *Neuropsychopharmacology*. 2002;27(2):279–81.



Together, **ResveraPrime Advantage** and **CogniPrime Advantage** give your mind and body the support they need to help you stay in your prime.

CogniPrime® Advantage

SUPPLEMENT FACTS | 2 CAPSULES GIVE YOU:

Vitamin D3 (as cholecalciferol) **20 mcg (800 IU)**; **Vitamin B6** (as pyridoxine HCl) **25 mg**; **Folate 333 mcg DFE** (200 mcg folic acid); **Vitamin B12** (as methylcobalamin) **400 mcg**; **Synapsa®♦ Bacopa Extract** (whole plant) **320 mg**; **Cereboost™‡ American Ginseng Extract** (root) **200 mg**

♦Synapsa® is a registered trademark of Soho Floridis International Pty Ltd., exclusively licensed in the United States to PLT Health Solutions, Inc.

‡Cereboost™ is a trademark of Naturex, Inc.

RECOMMENDED DOSE: Take 2 capsules daily after breakfast or lunch.



CogniPrime® Advantage		Item # MME01	
60 capsules, 30-day supply	Supply	Reg. Price	Your Price
BUY 5, GET 2 FREE—SAVE \$69.98	7-Mo.	\$244.93	\$174.95
BUY 3, GET 1 FREE—SAVE \$34.99	4-Mo.	\$139.96	\$104.97
1 Bottle	1-Mo.	—	\$34.99

ResveraPrime® Advantage

SUPPLEMENT FACTS

1 CAPSULE GIVES YOU:

Setria® L-Glutathione* (reduced) **250 mg**; **Trans Resveratrol 50 mg**; **Extramel® Microencapsulated Melon Concentrate*** (fruit) **10 mg**

*Setria® is a registered trademark of KYOWA HAKKO BIO Co., Ltd.

*EXTRAMEL® is a registered trademark of BIONOV.



RECOMMENDED DOSE: Take 1 capsule daily in the morning.

ResveraPrime® Advantage		Item # MRE01	
30 capsules, 30-day supply	Supply	Reg. Price	Your Price
BUY 5, GET 2 FREE—SAVE \$59.98	7-Mo.	\$209.93	\$149.95
BUY 3, GET 1 FREE—SAVE \$29.99	4-Mo.	\$119.96	\$89.97
1 Bottle	1-Mo.	—	\$29.99

Bladder Control Advantage™

The secret to a better bladder...

- Less rushing to find the nearest bathroom
- Less worry when you go to family gatherings, see a movie, or take a long car ride
- Better sleep with fewer exhausting bathroom interruptions

You don't have to worry about hiding your secret any longer. Thanks to the power of nature and an amazing advancement in nutritional science, there's an honest-to-goodness way to get better control of your bladder in less than 2 weeks.

Bladder control blend helps reduce urination day and night

Japanese researchers found that water-soluble pumpkin seed extract and special soy isoflavones help tone your pelvic floor muscles, which helps to reduce the likelihood of occasional leaking, reduce nighttime urination, improve sleep, reduce trips to the bathroom, and provide greater bladder control.^{1,2}

Plus, I made sure **Bladder Control Advantage** provides an extra level of insurance by helping to tone your bladder muscle.

Ancient Ayurvedic secret reduces urine leakage

Traditional healers in India struck gold when they discovered the power of three leaf caper. Research shows it supports the muscle tone in the bladder area, which is important in maintaining better bladder control. I had to include this powerhouse in **Bladder Control Advantage**.



SUPPLEMENT FACTS | 2 CAPSULES GIVE YOU:

Bladder Control Complex Pumpkin Extract (seed),* Three Leaf Caper Extract (leaf), Soy Extract (germ)* **1,100 mg**

Contains: Soy

*Go-Less® is a registered trademark of Frutarom, Ltd.



RECOMMENDED DOSE: For the first 2 weeks, take **1 capsule 3 times daily**. Afterward, take 2 capsules daily, 1 in the morning and 1 in the evening.

★★★★☆ "Can now easily make it to the bathroom without urgent mishaps"

Bladder Control Advantage™

Item # MBL01

60 capsules, 30-day supply	Supply	Reg. Price	Your Price
BUY 5, GET 2 FREE—SAVE \$59.98	7-Mo.	\$209.93	\$149.95
BUY 3, GET 1 FREE—SAVE \$29.99	4-Mo.	\$119.96	\$89.97
1 Bottle	1-Mo.	—	\$29.99

¹ Terado T, et al. *Jpn J Med Pharm Sci* 2004;52(4):551-61.

² Sogabe H, Terado T. *Jpn J Med Pharm Sci* 2001;46(5):727-37.



Healthy Prostate™

Support prostate health and reduce age-related nighttime urination

Since its debut, **Healthy Prostate™** has been a tried-and-true prostate formula, delivering remarkable prostate health results with 5 breakthrough nutrients from around the world. And I've seen the results firsthand:

- ✓ **Easier urination—fewer uncontrollable stops and starts**
- ✓ **Better sleep—less getting up at night to go**
- ✓ **Fewer urges to go**

Healthy Prostate gives you:

BETA SITOSTEROL to support healthy prostate size and healthy urinary flow

SAW PALMETTO to help maintain a healthy prostate and improve urination

HMRIGNAN™ to protect your body from harmful free radicals

SELENIUM to help protect your cells from free radicals and provide immune support

MERIVA® TURMERIC EXTRACT to target inflammatory markers

SUPPLEMENT FACTS | 2 SOFTGELS GIVE YOU:

Selenium (as selenomethionine) **200 mcg**; **Saw Palmetto Extract** (berry) **320 mg**; **Meriva®*** Curcumin Phytosome Turmeric Extract (rhizome), Phosphatidylcholine (from sunflower) **250 mg**; **Beta Sitosterol** (from vegetable oil) **60 mg**; **Norway Spruce Lignan Extract†** (knot wood) **30 mg**

*Meriva® is a registered trademark of Indena S.p.A.

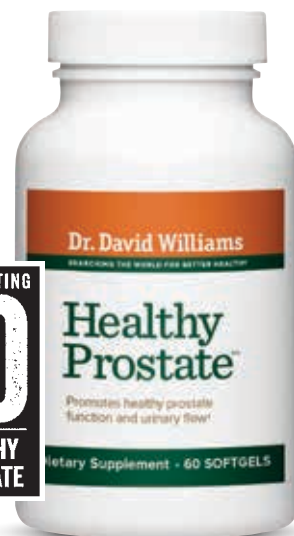
†HMRlignan™ is a trademark of Linnea.



RECOMMENDED DOSE: Take **2 softgels daily**, 1 with breakfast and 1 with lunch or dinner.

Healthy Prostate™		Item # PRO01	
60 softgels, 30-day supply	Supply	Reg. Price	Your Price
BUY 5, GET 2 FREE—SAVE \$69.98	7-Mo.	\$244.93	\$174.95
BUY 3, GET 1 FREE—SAVE \$34.99	4-Mo.	\$139.96	\$104.97
1 Bottle	1-Mo.	—	\$34.99

Note: Not intended for use by women.



MEN'S HEALTH

REAL PEOPLE, REAL RESULTS!

Excellent supplement!

“My husband is sleeping much better with fewer interruptions to get up during the night.*”

—Online Review

It works!

“A few years back I was starting to need to get up nightly, even though I was taking another ‘prostate’ supplement. I switched to **Healthy Prostate** and that stopped, never to return so far.*”

—Online Review

*Results may vary.

Super Healthy Prostate™

Advanced prostate support

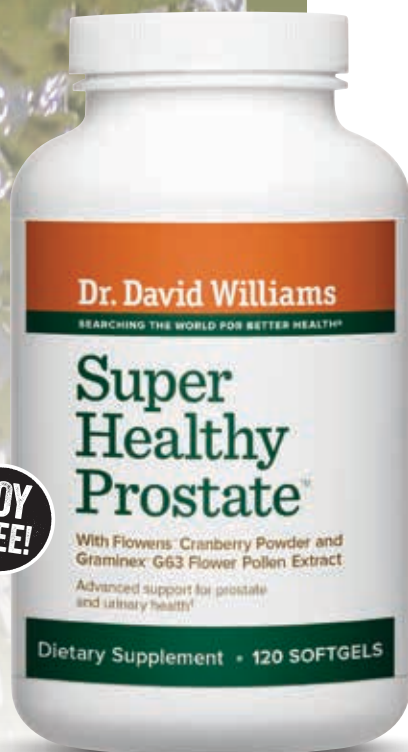
Get ready to pee like a power washer again

I love riding my Harley down here in Texas. But when you're on the road, prostate problems are not an option. Try telling your road buddies that you gotta pee again. No way! So I created **Super Healthy Prostate™** to give you back your freedom. It works so well day and night that some men forget to take it! I don't care if you're already taking a prostate product, **Super Healthy Prostate** will work like nothing you ever imagined possible.

“Cowboy up,” like they say in Texas, and do what's best for your prostate

As a natural part of getting older, your prostate might not work as effectively as it used to. That's what contributes to the dribbling you may experience. It also makes it harder for you to empty your bladder. Your bladder muscles have to work harder. And you feel the urgent, uncomfortable need to go all the time. You have trouble sitting through a movie, meeting, or a dinner without running to the bathroom. You're constantly getting up at night to pee.

Trust me—that's no way to live. I've been there. That's why I've included what I consider to be the world's best, most effective solutions for your prostate in **Super Healthy Prostate**. I've done my homework. I take it myself. And it works like crazy for me. I can ride my Harley clear across Texas and never think about the nearest bathroom. All thanks to the 7 powerful ingredients in **Super Healthy Prostate**.





1. Graminex G63™ Flower Pollen Extract significantly reduces nighttime trips to the bathroom—one of the biggest complaints I hear from men about their prostate. Plus, studies show it also improves urinary flow and bladder emptying.¹ I made sure **Super Healthy Prostate** gives you the full 400 mg research dose.



2. Flowens™ Cranberry Powder helps improve urinary flow and volume. A study shows the reduction in the amount of urine left in the bladder, also known as PRV (post void residual volume), and at the same time, urinary flow rates improved.² I included the full 500 mg research dose.



3. Beta Sitosterol helps support healthy prostate size and promotes healthy urine flow. One study showed that participants were able to more completely empty their bladders—so they didn't feel like they still had to go.³ Better yet, 18 months later in a follow-up trial, they found that the benefits were still working.⁴



4. Saw Palmetto provides more prostate relief by inhibiting the conversion of the hormone testosterone into dihydrotestosterone (DHT). Studies show that normal DHT levels help maintain a healthy prostate and improve urination.⁵



5. HMRLignan™ is a spruce extract that helps to protect your body from harmful free radicals. I included 30 mg in **Super Healthy Prostate**, which is the ideal dose identified by Finnish researchers.



6. Selenium neutralizes free radicals to help protect your cells and provide immune support. Selenium provides remarkable prostate health support so I was sure to include it in **Super Healthy Prostate**.



7. Meriva® Turmeric Extract helps promote a healthy inflammatory response. Meriva is more bioavailable than ordinary curcumin—so it gets into your cells easier than other sources.

Don't rely on luck or chance. And certainly don't just accept prostate concerns. I'm convinced that **Super Healthy Prostate** is an effective, natural prostate solution. That's why I take it myself.

SUPPLEMENT FACTS | 4 SOFTGELS GIVE YOU:

Selenium (as selenomethionine) **200 mcg**; **Flowens™ Cranberry Powder** (fruit) **500 mg**; **Graminex® Flower Pollen Extract G63™** **400 mg**; **Saw Palmetto Extract** (berry) **320 mg**; **Meriva®* Curcumin Phytosome** **250 mg**; **Beta Sitosterol** (from vegetable oil) **60 mg**; **HMR®†** **Norway Spruce Lignan Extract** (knot wood) **30 mg**

[†]Flowens™ is a trademark of Naturex, Inc.

[‡]Graminex® G63™ is a trademark of Graminex LLC.

*Meriva® is a registered trademark of Indena S.p.A.

†HMRlignan™ is a trademark of Linnea.



RECOMMENDED DOSE: Take 4 softgels daily, 2 softgels with a morning meal and 2 softgels with an evening meal.

Super Healthy Prostate™		Item # SHP01	
120 softgels, 30-day supply	Supply	Reg. Price	Your Price
BUY 5, GET 2 FREE—SAVE \$99.98	7-Mo.	\$349.93	\$249.95
BUY 3, GET 1 FREE—SAVE \$49.99	4-Mo.	\$199.96	\$149.97
1 Bottle	1-Mo.	—	\$49.99

Note: Not intended for use by women.

¹Becker, H., Ebeling, L. *Urology* 1988;28:301–306.

²Vidlar A, et al. *World J Urol*. 2015. [Epub ahead of print].

³Berges RR, et al. *The Lancet* 1995 Jun 17;345(8964):1529–1532.

⁴Berges RR, et al. *BJU Int* 2000;85(7):842–6.

⁵Wilt TJ, et al. *JAMA* 1998 Nov 11;280(18):1604–1609.

Sugar can rob you of **YOUR EYESIGHT**



Unfortunately, very little publicity has been given to the research directly linking the consumption of refined carbohydrates to both cataracts and macular degeneration. We've been led to believe that cataract formation inevitably occurs as part of the aging process. It doesn't. Like most problems, diet is often a determining factor.

Researchers involved in the Nurses' Health Study have reported that those in the study consuming the highest amount of carbohydrates (in excess of 200 grams per day) were two and half times more likely to develop lens opacities compared to those consuming the least carbohydrates. (*Am J Clin Nutr* 05 Jun;81(6):1411-6)

Researchers in Scandinavia studied the effects of blood sugar levels of 2,454 individuals age 49+ for a decade. There was a direct relationship between cataract formation and blood sugar levels. Those with a fasting blood sugar level above 108 mg/dl had a 79 percent increased risk of developing cataracts compared to the individuals with fasting blood glucose levels below 106 mg/dl. (*Acta Ophthalmol* 11 Aug;89(5):e434-8)

Low-glycemic index diets reduce your risk of age-related macular degeneration (AMD) as well. Diets high in refined carbohydrates were associated with a 2.7-fold increase in developing early AMD and an over 40 percent higher risk of the disease progressing to the later stages, when blindness occurs. (*Am J Clin Nutr* 06 Apr;83(4):880-6) (*Am J Clin Nutr* 07 Jul;86(1):180-8)

I've said it repeatedly: Sugar kills. But it doesn't kill quickly. It can be a slow process that can rob you of your sight and your independence, and wreak havoc throughout your body in the process. When these research studies accounted for all the other variables, only one factor was common to cataract formation and macular degeneration—a high consumption of refined carbohydrates.



Vision Advantage™

The best eye health ingredients from around the world

My **Vision Advantage®** formula brings the best eye health breakthroughs from across the globe and combines them with clinically studied ingredients, all designed to help keep your eyes healthy for the long haul.

It all starts with 2 award-winning ingredients: Lutemax 2020® Lutein, a clinically studied combination of lutein and zeaxanthin in a 5:1 ratio—the same ratio found in the human body—and clinically studied astaxanthin.

Lutein

Lutein works to shield your eyes from absorbing blue light, the most high-energy light that reaches your retinas. A brand-new study shows that supplementing with 10 mg of Lutemax 2020 Lutein (the amount in **Vision Advantage**) rapidly increases macular pigment optical density (MPOD). And higher pigment density supports visual acuity, light sensitivity, and glare recovery.



Astaxanthin

Several studies show that a special form of astaxanthin helps reduce the symptoms of eyestrain and fatigue, and supports eye health and visual acuity.^{1,2}



Astaxanthin is responsible for turning shrimp the color pink

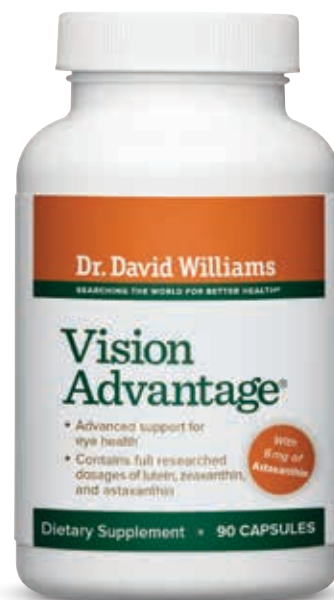
Superior antioxidant cocktail

You also get an arsenal of antioxidants, including N-Acetyl L-Cysteine (NAC), which is most effective at increasing glutathione levels—nature's shield for your eyes and lenses.



2 unique herbal blends from across the globe

An ancient herbal blend called Hachimijiogan (pronounced ah-chi-mijo-jan) and an Ayurvedic herbal complex called Triphala have been traditionally used to support optimal eye health.



SUPPLEMENT FACTS | 3 CAPSULES GIVE YOU:

Vitamin A (as mixed carotenoids) **10,000 IU**; **Vitamin C** (as ascorbic acid) **120 mg**; **Vitamin E** (as d-alpha-tocopheryl succinate) **150 IU**; **Zinc** (as glycinate) **18 mg**; **Taurine** **500 mg**; **N-Acetyl L-Cysteine** **250 mg**; **Hachimijiogan Herbal Complex** Astragalus (root), Asiatic Dogwood (fruit), Chinese Yam (root), Mountain Peony (root bark), Polyporus Mushroom, Rehmannia (root), Alisma (root), Schisandra (fruit) **100 mg**; **Triphala Complex** *Embolia officinalis* (fruit), *Terminalia bellerica* (fruit), *Terminalia chebula* (fruit) **50 mg**; **Lutein** (from marigold flower) **10 mg**; **Astaxanthin** (from algae) **6 mg**; **Zeaxanthin** (from marigold flower) **2 mg**

RECOMMENDED DOSE: Take 3 capsules once daily with a meal.



★★★★★ *"Vision Advantage is by far the best!"*

Vision Advantage®		Item # VAD01	
90 capsules, 30-day supply	Supply	Reg. Price	Your Price
BUY 5, GET 2 FREE—SAVE \$79.98	7-Mo.	\$279.93	\$199.95
BUY 3, GET 1 FREE—SAVE \$39.99	4-Mo.	\$159.96	\$119.97
1 Bottle	1-Mo.	—	\$39.99

¹ Nagaki Y, et al. *J Clin Ther Med* 2006;22(1):41–54.

² Sawaki K, et al. *J Clin Ther Med* 2002;18(9):1085–1100.

MORE GREAT HEALTH-BOOSTING PRODUCTS

from Dr. Williams



	ITEM#	1 BOTTLE PRICE	BUY 3, GET 1 FREE	BUY 5, GET 2 FREE
AM-PM Bladder Control Advantage™ (60 capsules)	BAP01	\$34.99	\$104.97	\$174.95
Clinical Grade CodMarine® Omega-3 Fish Oil (60 softgels)	COD01	\$24.99	\$74.97	\$124.95
CoQ10 Advantage® (60 capsules)	COQ01	\$54.99	\$164.97	\$274.95
Healthy Directions Turmeric Curcumin Complete	TUR01	\$19.99	\$59.97	\$99.95
Healthy Glucose® (90 capsules)	MBS01	\$34.99	\$104.97	\$174.95
MK-7 (30 softgels)	HMK01	\$27.99	\$83.97	\$139.95
Clinical Grade Nattokinase (30 capsules)	NAT01	\$29.99	\$89.97	\$149.95
OxyRub (2 oz)	OXY02	\$19.99	\$59.97	\$99.95
Probiotic Advantage + Cranberry (60 capsules)	PBC01	\$29.99	\$89.97	\$149.95
Clinical Grade Zembrin® (30 capsules)	MZB01	\$24.99	\$74.97	\$124.95
	ITEM#	1 BOTTLE PRICE	SAVINGS	
Slimtrol™ (60 capsules) CLEARANCE SAVINGS*	SNT01	\$9.99	WAS \$24.99 — SAVE 60%	
ProQuench Anti-Aging Moisturizer (1.7 fl. oz. bottle) CLEARANCE SAVINGS*	ZBA01	\$19.99	WAS \$39.99 — SAVE 50%	

* Not available on AutoDelivery.

All products are a 30-day supply unless otherwise noted.
For full lists of ingredients, please visit www.drwilliams.com.

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Montoursville, PA 17754

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City _____ State _____ ZIP _____

PAYMENT METHOD: (Credit card required
for AutoDelivery)

☐ Credit or Debit Card: ☐ ☐ ☐ ☐

Card # _____ Exp. _____

Signature _____
(Required for credit or debit card orders) «

☐ Check or Money Order (payable to Healthy Directions)

Page #	Product Name	Item #	Supply	AutoDelivery* ("YES") YES	Price
4	Probiotic Advantage (Example Only)	PAS01	4-Month	<input type="checkbox"/> YES	\$ 74.97
				<input type="checkbox"/> YES	\$
				<input type="checkbox"/> YES	\$
				<input type="checkbox"/> YES	\$
				<input type="checkbox"/> YES	\$
11	ZemBright Mood Plus for \$17.49. (Limit 1 per customer; special offer not available on AutoDelivery.)	ZMP01	1-Month	AutoDelivery not available.	\$
Merchandise Total					\$
Sales Tax: IN 7%; KY 6%; MD & PA 6% (on non-supplement products only); ME 5.5%; MS 7%; WI 5%					\$
Low flat-rate shipping and handling*					FREE
TOTAL					\$

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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.

Offer ends January 5, 2018. May not be combined with other offers. Prices valid through January 5, 2018.

91117WMSDM

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Our friendly, U.S. operators can answer your questions and help you **SAVE** even more.

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By purchasing this product, you agree not to resell this product.



Dr. David Williams
PO Box 531
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See Page 2.

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Protect your ears, nose, and throat this winter

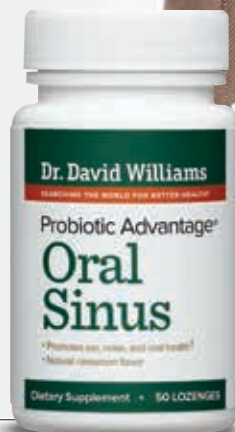
Here's why customers love Probiotic Advantage Oral Sinus!

"We take 2 a day, one after breakfast and brushing teeth. And another one before we go to bed. It keeps the nose unplugged the whole night. During the day we feel it protects us...we will keep using it."* —Online Review

"My husband had to try to clear his nose and throat every morning after getting out of bed. When I found **Probiotic Advantage Oral Sinus**, he took one the evening it was delivered. It is the best. Anybody with sinus [concerns] should give it a try."* —Online Review

Page 9

Probiotic Advantage® Oral Sinus		Item # BLS01	
50 lozenges	Supply	Reg. Price	Your Price
BUY 5, GET 2 FREE—SAVE \$49.98	7-Btl.	\$174.93	\$124.95
BUY 3, GET 1 FREE—SAVE \$24.99	4-Btl.	\$99.96	\$74.97
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