



Our Guiding Philosophy:
Superior, Science-Based
Nutritional Supplements

March 29, 2002

Mr. Robert Moore
Food and Drug Administration
200 C. Street SW
Washington, DC 20204

RECEIVED
APR 03 2002
BY:

Dear Mr. Moore,

In compliance with the final ruling for Dietary Supplements dated January 6, 2000
here are copies of our offers for your files:

Sincerely,

Cindy Nydell

Enclosures

79933

97S 0162 LET 9784



Our Guiding Philosophy:
Superior, *Science-Based*
Nutritional Supplements

I, Lawrence Tabak, certify the accuracy of the information presented and contained in the notice is complete and accurate, and that we have substantiation that the statements are truthful and not misleading.

To the best of my knowledge and belief, I believe the above is true.

A handwritten signature in black ink, appearing to be "Lawrence Tabak", written over a horizontal line.

Lawrence Tabak,
President

Stay Well, Increase Your Energy and Add Life to Your Years - Take the MegaWellness™ System

9/29/02

Dear friend,

Here's an exciting opportunity for you to try MegaWellness™.

The MegaWellness™ System is designed to satisfy your three most important health needs:

- To stay well
 - To increase your energy levels
 - To add life to your years
- Proper Dosage:**

Always take your vitamins with meals. If you take them on an empty stomach you will probably feel nauseous. You can take them all at once, in the morning or evening, or spread them out during the day. It's up to you. Simply take one packet per day.

MegaWellness™ provides generous doses of antioxidants. Immune system vitamins. Rich minerals. Enzymes. And herbs. All in one convenient, easy-to-take daily packet.

For example, in the vitamin category, there's . . .

- Vitamin B Complex - to help nourish every part of your body, including skin, teeth, hair, nails, nerves, and to provide energy.¹
- Vitamin C - for its powerful antioxidant activity. It may also play a critical role in keeping your heart healthy.²
- Vitamin E - to help keep capillaries healthy and promote normal blood flow.

Vitamin E helps with important functions such as protection against oxidative damage and keeping your circulatory system functioning properly.³

- Lutein and Lycopene - to protect your eyes and enhance normal vision.⁴

In the Mineral Complex, you'll find the following . . .

- Copper - for promoting healthy red blood cells.⁵
- Potassium - supports healthy heart muscles. Also, diets rich in potassium are associated with healthy blood pressure.⁶
- Zinc - supports a healthy prostate and your immune system.⁷

And - unlike most multi-vitamins - MegaWellness™ also has an impressive collection of herbs. For example . . .

- Ginseng - supports good energy levels.⁸
 - St. John's Wort - the "good mood" food that helps keep you "up." Also improves mental performance.⁹
 - Echinacea - boosts and enhances immune function.¹⁰
 - Ginkgo Biloba - enhances mental sharpness by increasing blood flow to the brain.¹¹
 - Green Tea - contains more antioxidants than red wine!
- And that's just a sample of what



Friendly, knowledgeable customer service is a top priority at Tabak's Health Products.

MegaWellness™ gives you in each daily dose. I encourage you to compare MegaWellness™ to most multivitamins. What you'll find is . . .

There is no comparison!
Most multivitamins only contain *minute* levels of nutrients. That's all you can fit into one pill! Not nearly enough to provide optimal wellness.

MegaWellness™ is different because it supplies over 45 individual nutrients, in generous quantities.

Moreover, MegaWellness™ helps to reduce clutter in your medicine cabinet. No more "mixing and matching" different vitamins. Instead, all the guesswork has been removed - by giving you one convenient daily dose.

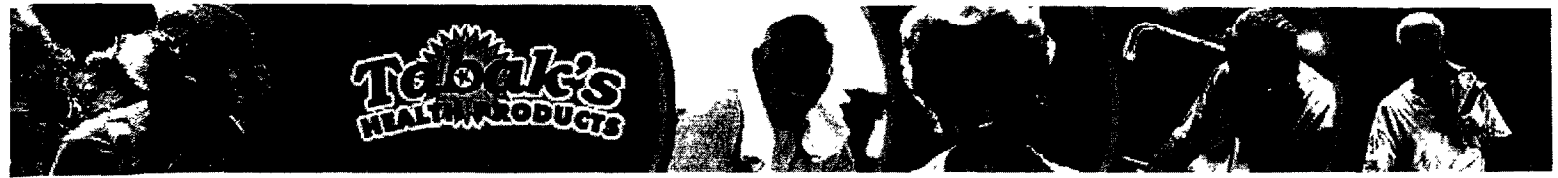
I'm so confident you'll agree with the health benefits MegaWellness™ brings - beginning almost immediately - that you'll want to keep taking it. Month after month.

The longer you use it, the more "alive" you'll feel!

Supporting References

- 1.Sizer FS Nutrition Concepts and Controversies. 2000;Wadsworth/Thompson Learning;368
- 2>Weber P, et al "Vitamin C and human health - a review of recent data relevant to human requirements." International Journal of Vitamin and Nutritional Research 1996,66(1) 19-30
- 3>Weber P, et al "Vitamin E and human health: rationale for determining recommended intake levels." Nutrition 1997 May;13(5) 450-60
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- 5.Rock E, et al. "The effect of copper supplementation on red blood cell oxidizability and plasma antioxidants in middle-aged healthy volunteers." Free Radical Biology and Medicine 2000 Feb 1;28(3) 324-9
- 6.Van Leer E M, et al "Dietary calcium, potassium, magnesium, and blood pressure in the Netherlands." International Journal of Epidemiology 1995 Dec;24(6) 1117-23
- 7.Mocchegiani E, et al "Zinc, infections and immunosenescence." Mech Ageing Dev 2000 Dec 20;121(1-3) 21-35
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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. Warning: For adult use only. Not for use by children, teenagers, pregnant or lactating women. Do not use if outer seals are broken or tampered with, or if nutrient packets are damaged in any way. Take with food. Follow label directions.



Tabak's Health Products

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Products

- 20/20 Caps™
- Arthritis-Ease®
- BetiPlus™
- BoneKeeper™
- CholestLo™
- DreamCaps™
- Dynergy™
- GluChon 1500™
- GoodMood Food™
- HeartShield™
- HereWeGrow™
- Legulax™
- Mega JointWellness™
- The MegaWellness™ System
- Nature's Shape™
- PotencyPlus™
- ProstLo™
- ReFaze™
- ReguCleanse™



...with health, minimum hassles!

The "Mega" Multi-Vitamin That Adds Life to Your Years

3/29/02

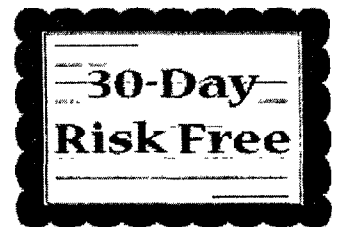
If you want to supercharge your energy . . . stay healthy . . . and add life to your years, the MegaWellness™ System is the perfect multi-vitamin for you. Our customers who have used it tell us they . . .

- Feel years younger.
- Have a sharper mental focus.
- Have surging energy, undreamed-of endurance and stamina.
- Find it prolongs vigor and strength.
- Rebound quicker from stressful situations.
- Feel healthier and stay healthier.
- Feel more alive than they have in years.

A High-Potency Program That Provides 45 Individual Nutrients in Generous Supplies

The MegaWellness™ System uses the "mega vitamin" concept and takes it to an entirely new level! This unique high-potency program provides generous doses of anti-oxidants, immune system vitamins, rich minerals, and enzymes. For example, in the vitamin category there's Vitamin B Complex which nourishes every part of your body⁴⁰ . . . Vitamin C, for strengthening your immune system⁴¹ . . . Vitamin E, for maintaining normal capillaries and promoting normal blood flow⁴² . . . and many more!

In the mineral complex, you'll find Potassium, for your heart muscles and blood pressure. . . Copper, for your red blood cells⁴³ . . . Zinc, to support a healthy prostate . . . and other vital



RegularOne™

SatisBaction™

SensiClean™ &
SensiMask™

ShapeSaver™

Slimming Tea™

SuperAmoré™

ThermAway™

ThinkCaps™

VitalOne™

minerals.

**Unlike Most Multi-vitamins, MegaWellness™
Also Provides an Impressive Collection of
Herbs**

For example, it includes . . .

- Echinacea...for your immune system.
- Ginseng...for an extra burst of energy.
- Ginkgo Biloba...for memory support and alertness.
- Green Tea...which contains more antioxidants than red wine.
- St. John's Wort...the "mood food" that helps keep you feeling "up."

There is No Comparison!

Most multi-vitamins only contain very small amounts of nutrients, whatever can fit into one pill. Not nearly enough to provide optimum wellness.

But the **MegaWellness™** System gives you 45 individual nutrients in potencies that can make a difference! All in one convenient daily dose. *No more "mixing and matching" different vitamins.*

The sooner you use it, the sooner you'll feel more "alive"!

supporting references

\$29.97 **Click Here!**
To Order

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Free 30-Day Trial

No Risk To You
If at any time you would like
postage to respond to this offer or
return product, call 1-800-749-3937
for a postage paid reply label.

[DATE]

[KEY CODE]

[CUSTOMER#]

[FINDER#]

[Firstname Lastname]
[Street Address]
[City, State Zipcode]
[Barcode]

[Firstname, sign the back. Correct address if needed.]

[Tear Here and Mail Today!]

How to Protect, Nourish and Enhance
Your Eyesight - The Simple Way

[Firstname] [Lastname]
[Street Address]
[City], [State] [Zipcode]

[MONTH] [DAY], [YEAR]

Dear [Firstname],

Can you read this eye chart clearly?

T

L P

C E Z

L Z F D E

T O E F D L C

E Z L F T O C D

P D L O C P E T E

E Z T O L D C F F

T E P F L G R O C

E Z L F O P

1
3/29/02

Great! Now would you like to help keep your eyes as healthy and strong as possible? If so, here's what you do:

Eat 2 Big Bowls of Spinach a Day!

Here's why [Firstname]: Lutein - a key component of your retina - is essential in maintaining healthy eyesight. It filters out harmful blue light, and serves as a potent scavenger of dangerous free radicals that can wreak havoc on your eyes.^{1,2}

The problem is, your body doesn't produce lutein. To make sure you have enough of it, you need to ingest it on a regular basis. And it's primarily in the kind of vegetables - like spinach and kale - that most people don't eat.³

To get the recommended 6 milligrams of lutein a day, you'd need to eat at least 58 grams of fresh spinach. That's about 2 full

bowls of spinach, that's a lot!

(Please turn over)

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³ 30-DAY FREE TRIAL

Mail To.

Tabak's Health Products
3198 Airport Loop Drive, Suite G
Costa Mesa, CA 92626-3407

YES! My eyes are incredibly valuable to me. I want to keep them healthy and strong. Please rush my **FREE 30-DAY TRIAL** of all natural 20/20 Caps[™].
If I'm satisfied, I'll gladly pay the bill of only \$25.97 plus shipping and continue to receive a fresh supply each month with a bill. I may cancel future shipments at any time. But, if I don't want 20/20 Caps[™] for any reason, I'll return the unused portion or empty container to you and owe nothing - no questions asked.
Since there's no risk to me, I'm going ahead.

X

Mail Free Trial Certificate Today!

Sign name here

- 2 -

Is there a simpler way? You bet. Take 20/20 Caps[™] - an all natural supplement. In addition to your 6 milligrams of lutein, you'll also receive these proven vision-protectors:

- **Bilberry and Vitamin A**, which together improve circulation in your eyes, enhance night vision and help maintain proper eye function.^{4,5,6}
- **Antioxidant Vitamins C and E**, help retard harmful oxidation in your retina and protect against ultraviolet light.^{7,8}
- **Copper, Selenium and Zinc**, key elements to help you maintain healthy eyes and clear vision.

And here's the best part. Listen to this. You can try all natural 20/20 Caps[™].

With Absolutely No Risk - free for 30 days!

Send for it and actually use it for a month before you buy it!

Just grab your special Free 30-Day Trial certificate. Sign it. Pop it in the mail.

We'll rush you 20/20 Caps[™] to try for a full month before you make your decision. If you're satisfied, simply pay the bill that comes with it. If not, just return the empty container with no questions asked. You pay nothing. Owe nothing.

Is that fair enough?

Mail your Free 30-Day Trial Certificate. Do it now.

Sincerely,



Carmen Bickell
For 20/20 Caps[™]

P.S. Protect, nourish and enhance your eyesight - the simple way. Mail your Free Trial certificate today.

P.P.S. Remember, your eyes are irreplaceable, so act now.

- Supporting References -

1 Khachik F, et al "Identification of lutein and zeaxanthin oxidation products in human and monkey retinas" Invest Ophthalmol Vis Sci 1997 Aug; 38(9) 1802-11
2 Landrum JT, et al "A one year study of the macular pigment: the effect of 140 days of a lutein supplement" Exp Eye Res 1997 Jul; 65(1) 97-102
3 Berson EL "Nutrition and retinal degenerations" Int Ophthalmol Clin 2000 Fall; 40(4) 93-111
4 Christian P, et al "Vitamin A or beta-carotene supplementation reduces but does not eliminate maternal night blindness in Nepal" J Nutr 1998 Sep; 128(9) 1458-63
5 Head KA "Natural therapies for ocular disorders, part two: cataracts and glaucoma." Altern Med

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6 Hammond BR Jr, et al "Density of the human crystalline lens is related to the macular pigment carotenoids, lutein and zeaxanthin" Optom Vis Sci Jul; 74(7) 499-504
7 Jacques FF "The potential preventive effects of vitamins for cataract and age-related macular degeneration" Int J Vitam Nutr Res 1999 May; 69(3) 198-205
8 Snodderly DM "Evidence for protection against age-related macular degeneration by carotenoids and antioxidant vitamins" Am J Clin Nutr 1995 Dec; 62(6 Suppl) 1448S-1461S

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5/29/02

May I Send You a FREE Bundle
of Natural Energy - As My Gift to You?

[CUSTOMER#]
[KEY CODE]
[FINDER#]

[Firstname] [Lastname]
[Street Address]
[City] , [State] [Zipcode] [MONTH] [DAY], [YEAR]
[Barcode]

Dear [Firstname],

If you'll be kind enough to give me three minutes of your time, I'll repay you with a free gift that will give you increased energy. More stamina. Greater alertness. And . . .

A Natural "Perk-Up."

You get all that from Dynergy™ - one of our most popular supplements. Like thousands of our customers, you'll find it makes you feel more awake - more "alive" - even when you're stressed or running on low. The best part of all this? . . . I'd like to send you this bottle of all natural Dynergy™ . . .

At No Charge to You!

Why are we doing this [Firstname]? The answer is simple. We're trying to solve a big problem.

Many of our products are highly specialized, and are designed to address specific concerns you might have.

Our challenge then . . . is matching each product with the right person. So we're trying something really different - that can be of great benefit to you.

If you'll help us, by telling us what health issues matter the most to you, we'll send you some of our products to "try" from time to time, on a free trial basis. You're never obligated to buy anything you don't want. You only pay if you decide to keep it. And you can return anything you wish with our postage-paid label at no cost. Therefore, there's absolutely . . .

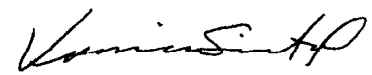
No Risk to You!!

Just indicate your preferences on the back. Sign your name. Pop this letter in the enclosed envelope. Mail it.

That's how easy and simple it is to get your free bottle of Dynergy™. And to "preview" some of our products without risk.

Check the boxes that apply to you. Return this letter today.

To your good health,



Veronica Simental

P.S. We've built our company on one premise: That you have to earn a customer's trust before you ask for their business - that's why we offer you a free gift. And ask for NO money up front!

P.P.S. May I send you a FREE bottle of Dynergy™? Just check all the boxes that apply to you. Mail this letter today. Remember, there's no risk to you.

(Turn Over Please)

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.

3/29/02

May I Send You a **FREE** Gift
Proven to "Cushion" Healthy Joints?

[CUSTOMER#]

[KEY CODE]
[FINDER#]

[Firstname] [Lastname]
[Street Address]
[City] , [State] [Zipcode]
[Barcode] [MONTH] [DAY], [YEAR]

Dear [Firstname],

If you'll be kind enough to give me three minutes of your time, I'll repay you with a free gift that's been proven to:

- * Enhance spinal disk and vertebrae wellness.
- * Help maintain healthy joint cartilage.
- * Provide the natural building blocks you need to sustain healthy joint connective tissue.
- * Support the creation of normal synovial joint fluid.

You get all that - and natural "cushioning" - from glucosamine sulphate. And the best part is. . . I'd like to send you this supplement. . .

At No Charge!

Why are we doing this [Firstname]? The answer is simple. We're trying to solve a big problem.

Many of our products are highly specialized, and are designed to address specific concerns you might have.

Our challenge then... is matching each product with the right person. So we're trying something really different - that can be of great benefit for you.

If you'll help us, by telling us what health issues matter the most to you, we'll send you some of our products to "try" from time to time, on a free trial basis. You're never obligated to buy anything you don't want. You only pay if you decide to keep it. And you can return anything you wish with our postage-paid label at no cost. Therefore, there's absolutely . . .

No Risk to You!!

Just indicate your preferences on the back. Sign your name. Pop this letter in the enclosed envelope. Mail it.

That's how easy and simple it is to get your free bottle of glucosamine sulfate. And to "preview" some of our products without risk.

Check the boxes that apply to you. Return this letter today.

To Your Good Health,

Veronica Simental

P.S. We've built our company on one premise: That you have to earn a customer's trust before you ask for their business - that's why we offer you a free gift. And ask for NO money up front!

P.P.S. May I send you a **FREE** bottle of glucosamine sulfate? Just check all the **boxes** that apply to you. Mail this letter today. Remember, there's **no risk** to you.

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Sleep Sounder Than You Have in Years
And Have More Energy When You Wake!

3/29/02

A Free 30-Day Trial of DreamCaps™ is Waiting For You.

[Firstname Lastname]
[Street Address]
[City, State Zipcode]
[Barcode]

[Month] [Date], [Year]

Dear [Firstname],

DreamCaps™ is an all-natural, herbal approach to sleeping that really works . . . has no side effects . . . and is NOT addictive.

Do you occasionally experience any of these?

- * Do you have difficulty falling asleep?
- * Do you wake up several times a night for no good reason?
- * Do your worries keep you up at night?
- * Does tension keep you awake?
- * When you get up, do you feel dragged out and tired?

If you answered "yes" to any of the above, DreamCaps™ could be just the ticket for you.

A Free 30-Day Trial of DreamCaps™ is Waiting For You!

Read on.

DreamCaps™ is made of herbal extracts and other carefully selected nutrients to promote deeper, more restful sleep in a gentle way - so you won't feel drowsy and dopey when you wake up. Just re-energized and positive.

DreamCaps™ will work for you because it contains two proven sleep promoters . . .

Valerian Root Extract And Melatonin.

[Firstname,] Valerian root extract has been

(Please turn over)

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Tear Here and Mail Today!

Tear Here and Mail Today!

[Send My FREE 30-DAY TRIAL To:]

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postage to respond to this offer or
return product, call 1-800-749-3937
for a postage paid reply label

[Firstname Lastname]
[Street Address]
[City, State Zipcode]

[DATE]
[CUSTOMER#]
[KEY CODE]
[FINDER#]

[Firstname, sign the back. Correct address if needed.]

used for centuries in Europe to promote better sleep because it safely and gently relaxes your central nervous system - but without nasty side effects, or the risk of dependency.^{1,2}

Melatonin helps regulate your sleep patterns so you fall asleep when you want to - and wake up more refreshed.^{3,4}

And that's not all. DreamCaps™ gives you even more healthy, sleep-promoting nutrients: Hops, Passion Flower, Calcium, Magnesium, Vitamin B6, and Chamomile.

Put 'em all together, and you've got DreamCaps™, the best natural sleep enhancer and energy re-vitalizer I know of.

**Get The Rest Your Body Deserves
With Your Free 30-Day Trial.**

Send for DreamCaps™. Try it out for a full 30 days. If you're satisfied - which I'm sure you will be - pay the bill. If not, just return the empty container or unused portion to us. Your bill will be cancelled. No questions will be asked and you won't owe us a dime.

With an offer like that, there's only one thing to do:

Pick up your Free Trial Coupon. Sign it. Mail it in the enclosed envelope. Today.

Once you try DreamCaps™, you'll wonder how you ever slept without it.

Sincerely,



Jose Fraga
For DreamCaps™

P.S. With DreamCaps™, you'll get the restful, relaxing sleep of your dreams - and wake up feeling re-energized! Send for your Free 30-Day Trial right now!

Supporting References

- 1 Lindahl O, et al. "Double blind study of a valenan preparation " Pharmacol Biochem Behav 1989 Apr,32(4) 1065-6
- 2 Gerhard U, et al. "Vigilance-decreasing effects of 2 plant-derived sedatives " Schweiz Rundsch Med Prax 1996 Apr 9,85(15) 473-81
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Tear Here and Mail Coupon Today!

30-DAY FREE TRIAL

YES! I want to promote quicker, deeper, more restful sleep which is critical to my good health.

Please rush my **FREE 30-DAY TRIAL** of all-natural DreamCaps™.

If I don't want DreamCaps™ for any reason, I'll return the unused portion or empty container to you and owe nothing - no questions asked. But if I decide to keep it, I'll gladly pay the bill of only \$25.97 plus shipping, and continue to receive a fresh supply each month, with a bill. I may cancel future shipments at any time.

Mail To:

Tabak's Health Products
3198 Airport Loop Drive, Suite G
Costa Mesa, CA 92626-3407

X

Sign name here

Free 30-Day Trial

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If at any time you would like
postage to respond to this offer or
return product, call 1-800-749-3937
for a postage paid reply label.

[DATE]
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ej

[KEY CODE]

[CUSTOMER#]

[FINDER#]

Issued [Firstname Lastname]
To: [Street Address]
[City, ST Zipcode]
[Barcode]

[Firstname, sign the back. Correct address if needed.]

[Tear Here and Mail Today!]

How to Get Some Sleep!
(Your Life May Depend On It)

[Firstname Lastname]
[Street Address]
[City, State Zipcode]

[Date]

Dear [Firstname],

Are you getting enough sleep?

No? Don't worry. You're not alone.

According to the National Sleep Foundation, seven in ten adults experience sleep problems. And it's getting worse: The same study shows more than a third of Americans get less sleep now than they did just five years ago!

This is not just a nuisance [Firstname]. It's serious.

What's the cost of not sleeping enough at night? 100,000 Highway crashes. 71,000 Injuries. 1,500 Deaths. Each year.

But what about the indirect cost? Did you know that not getting proper rest at night can impair your health? Sap your energy? Blow your concentration? Intensify pain? Even increase severity of age-related disorders?^{1,2}

Want to know something else really interesting? There's solid evidence that those who sleep about eight hours, on average . . .

Live Longer!!

Do you occasionally . . .

- Have difficulty falling asleep?
- Wake up several times for no good reason?
- Find that worry or stress keep you up?
- Feel dragged out and tired in the morning?

Is that you [Firstname]?

If so, you're qualified to receive . . .

A Free 30-Day Trial of DreamCaps™.

[Firstname!] DreamCaps™ is a safe, herbal approach to sleeping more soundly that really works . . .

(Please turn over)

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.

30-DAY FREE TRIAL

Mail To

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YES! I want to promote quicker, deeper, more restful sleep which is critical to my good health. Please rush my **FREE 30-DAY TRIAL** of all-natural DreamCaps™. If I don't want DreamCaps™ for any reason, I'll return the unused portion or empty container to you and owe nothing - no questions asked. But if I decide to keep it, I'll gladly pay the bill of only \$25.97 plus shipping, and continue to receive a fresh supply each month, with a bill. I may cancel future shipments at any time.

X

Mail Free Trial Certificate Today!

Sign name here

- 2 -

has no side-effects . . . and is not addictive.

This unique formulation contains . . .

- **Valerian root extract** - used for centuries in Europe to promote enhanced sleep. It safely and gently relaxes your central nervous system.^{4,5}
- **Chamomile** helps you wind down at night. Calms anxiety. Naturally.⁶
- **Melatonin** helps regulate your sleep patterns so you fall asleep when you want to - and wake up feeling more refreshed.^{7,8}

Free 30-Day Trial With No Risk!

Try DreamCaps™ yourself for a full month. If you find you sleep better - and feel more energized when you wake up - pay the bill that comes with it. If not, just return the empty container. Your bill will be cancelled. No questions asked. And you won't pay us - or owe us - a cent.

What do you have to lose?

Give DreamCaps™ a try. Grab your Free Trial Certificate. Sign it. Pop it in the mail. Today.

And get some sleep, okay?

Sincerely,



Jose Fraga
For DreamCaps™

P.S. DreamCaps™ is all-natural. Safe. Non-addictive. It helps you sleep more easily. Send for your Free 30-Day Trial today. There's no risk to try it.

Supporting References

- 1 Spiegel K, Leproux R, Van Cauter E "Impact of sleep debt on metabolic and endocrine function" *Lancet* 1999 Oct 23;354(9188) 1435-9
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[Tear Here and Mail Today!]

How to Add Life to Your Years,
Stay Well and Boost Your Energy

3/29/02

[Firstname] [Lastname]
[Street Address]
[City], [State] [Zipcode]

[MONTH] [DAY], [YEAR]

Dear [Firstname],

Would you like to:

- ✦ Feel years younger?
- ✦ Enjoy surging energy, undreamed-of endurance and extra stamina?
- ✦ Sharpen your mental focus?
- ✦ Feel healthier and stay healthier?
- ✦ Protect, nourish and enhance your eyesight?
- ✦ Feel more alive than you have in years?

Thousands answer "yes" to all those questions every day with "MegaWellness™" - a unique supplement system.

Would you like to join them?

You can. Send for the MegaWellness™ System on a . . .

Free 30-Day Trial!

There's no risk. Just think [Firstname]. Wouldn't it be great if you could test-drive a new car for a full month, before you decided whether it was for you? You'd jump at the chance, wouldn't you? And why not? What would you have to lose?

Well, that's exactly what I'm proposing! "Test drive" MegaWellness™ yourself with a free 30-day trial. . . then you be the judge.

[Firstname,] if you love what MegaWellness™

(Please turn over)

30 DAY FREE TRIAL

Mail To:
Tabak's Health Products
3198 Airport Loop Drive, Suite G
Costa Mesa, CA 92626-3407

YES! I want more energy. Enhanced memory. And . . . I want to remain healthy. Please rush my **FREE 30-DAY TRIAL** of all-natural MegaWellness™.

If I don't want MegaWellness™ for any reason, I'll return the unused portion or empty container to you and owe nothing - no questions asked. But if I decide to keep it, I'll gladly pay the bill of only \$29.97 plus shipping and continue to receive a fresh supply each month with a bill. I may cancel future shipments at any time.

Mail Free Trial Certificate Today!

X

Sign name here

- 2 -

does for you - and I'm betting you will - simply pay the bill that comes with it. It's worth every penny. But if you're not satisfied, for any reason, just return the empty container. You'll pay nothing. Owe nothing. Fair enough?

Want two more really good reasons to try MegaWellness™?

It Simplifies Your Life. Saves You Money.

To enjoy the same benefits you get from the MegaWellness™ System, you'd have to take a bunch of supplements, from several different bottles.

First, you'd need a really good compliment of vitamins. Then, you'd need an assortment of important minerals. And a whole array of carefully selected herbal nutrients. You could spend hours at the health food store sorting it all out, then spend a bundle to bring all those bottles back home. After that, you'd have to find a place to put them all. And try to remember when to take what!


Or. . . you could just open your convenient daily packet of MegaWellness™, and get it all in one quick, easy step!

But it's your choice. So why not give the MegaWellness™ System a try, then decide for yourself?

You have nothing to lose, and so much to gain. It's easy to get started. Grab your free trial certificate. Sign it. Pop it in the mail.

To your good health,

Sincerely,



Carmen Bickell
For MegaWellness™

P.S. Want to add life to your years? Stay well? Boost your energy? Try MegaWellness™ free for a full month, then decide. Mail your trial certificate today!

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Sleep Sounder Than You Have in Years And Have More Energy When You Wake!

5/29/02
✓

Dear friend,

Do you occasionally experience . . .

- * Having difficulty falling asleep?
- * Waking up several times at night for no good reason?
- * Worries that keep you up at night?
- * Tension that keeps you awake?
- * Feeling dragged out and tired when you wake up?

If you answered "yes" to any of the above, DreamCaps™ could be just the ticket for you.

DreamCaps™ is made of herbal extracts and other carefully selected nutrients to promote deeper, more restful sleep in a gentle way - so you won't feel drowsy and dopey when you wake up. Just re-energized and positive.

DreamCaps™ will work for you because it contains two proven sleep promoters . . .

Valerian Root Extract And Melatonin

Valerian root extract has been used for centuries in Europe to promote better sleep because it safely and gently relaxes your

central nervous system - but without nasty side effects, or the risk of dependency.^{1,2}

Melatonin helps regulate your sleep patterns so you fall asleep when you want to - and wake up more refreshed.^{3,4}

And that's not all.

DreamCaps™ give you even more healthy, sleep-promoting nutrients: Hops, Passion Flower, Calcium, Magnesium, Vitamin B6, and Chamomile.

Put them all together, and you've got DreamCaps™, the best natural sleep enhancer and energy revitalizer we know of.

DreamCaps™ is an all-natural herbal approach to sleeping that really works . . . has no side effects . . . and is NOT addictive.

How soon until you notice results?

Within several nights, you will begin to notice the effects of DreamCaps™. You should notice less difficulty falling asleep. Less tension. Less stress. And more tranquility and peacefulness. You should sleep more soundly with less disturbances.



Friendly, knowledgeable customer service is a top priority at Tabak's Health Products.

When should DreamCaps™ Not be taken?

When operating a motor vehicle or machinery, as it is sleep promoting.

When should DreamCaps™ be taken?

Take two capsules one hour before going to bed, as needed.

DreamCaps™ is not intended to be taken over a long period of time, continuously. If you take it for 25 days continuously, it is recommended that you stop taking it for 5 days before taking it again. Follow label directions.

If you want to fall asleep more easily . . . rest more peacefully . . . and rise feeling good with more energy than you've had in years . . .

There's only one thing to do:

Start using DreamCaps™
today!

Supporting References

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2. Gerhard U, et al. "Vigilance-decreasing effects of 2 plant-derived sedatives." *Schweiz Rundsch Med Prax* 1996 Apr 9;85(15):473-81.
3. Attenburrow ME, Cowen PJ, Sharpley AL. "Low dose melatonin improves sleep in healthy middle-aged subjects." *Psychopharmacology (Berl)* 1996 Jul;126(2):179-81.
4. Pires ML, Benedito-Silva AA, Pinto, L, Souza L, Vismari L, Calil HM, "Acute effects of low doses of melatonin on the sleep of young healthy subjects." *J Pineal Res* 2001 Nov;31(4):326-32.

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GluChon 1500™

GoodMood Food™

HeartShield™

HereWeGrow™

Legulax™

Mega JointWellness™

The MegaWellness™ System

Nature's Shape™

PotencyPlus™

ProstLo™

ReFaze™

ReguCleanse™

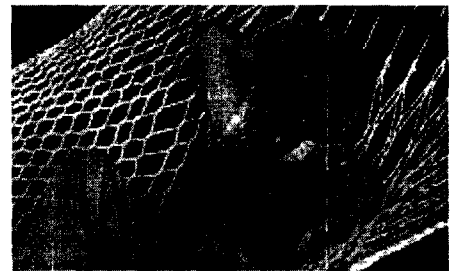


Do you have difficulty falling asleep?

An All-Natural And Safe Approach To Sleeping That Really Works

Do you occasionally experience. . .

- Difficulty falling asleep?
- Waking up several times at night for no good reason?
- Worries that keep you up at night?
- Tension that keeps you awake?
- Feeling dragged out and tired when you wake up?



If you answered "yes" to any of the above, **DreamCaps™** could be just the ticket for you.

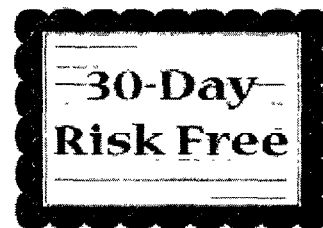
DreamCaps™ is made of herbal extracts and other carefully selected nutrients to promote deeper, more restful sleep in a gentle way - so you won't feel drowsy and doozy when you wake up. Just re-energized and positive.^{18,19}

How soon will you notice results?

Within several nights, you will begin to notice the effects of **DreamCaps™**. You should notice less difficulty falling asleep. Less tension. Less stress. And more tranquility and peacefulness. You should sleep more soundly with less disturbances.²⁰

Follow label directions carefully.

supporting references



RegularOne™

SatisBaction™

\$25.97 [Click Here!
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**SensiClean™ &
SensiMask™**

Contains:

Vitamin B6, Calcium, Magnesium, Melatonin, Velerian root extract, Chamomile, Hops flower and fruit, Passion flower herb.

ShapeSaver™

Slimming Tea™

SuperAmoré™

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. Follow label directions.

ThermAway™

ThinkCaps™

VitalOne™

How to Maintain Healthy Lung Function and Support Normal Breathing

ok
3/29/06
✓

Dear friend,

Do you know how to make an old clapped-out Yugo run like a Ferrari?

Well, neither do I. But I do know a foolproof method for making a Ferrari run like a Yugo:

Install a really dirty air filter.

Why do I say this? The answer is simple:

Your lungs are your body's air filters - with one important difference:

You can't change them. But you can take good care of them, so they keep working efficiently and normally.

Are Your Lungs Under Attack?

The air you breathe - unless you live on a mountaintop in Switzerland - is a mess. Every day - with every breath you take - you're exposing your lungs to the airborne debris of our industrial society. You're breathing in the residue of fossil fuels from highway and even air traffic. Add to that a host of microscopic poisons, second-hand smoke and other pollutants.

And that's just outdoors. The air indoors is worse. How much worse? Well, according to the U.S. Environmental Protection Agency, indoor air is more polluted than outdoor air: "EPA's Total Exposure Assessment Methodology (TEAM)

studies found levels of about a dozen common organic pollutants to be 2 to 5 times higher inside homes than outside, regardless of whether the homes were located in rural or highly industrialized areas."¹

In fact, the EPA says, "the air within homes and other buildings can be more seriously polluted than the outdoor air in even the largest and most industrialized cities. Other research indicates that people spend approximately 90 percent of their time indoors. Thus, for many people, the risks to health may be greater due to exposure to air pollution indoors than outdoors."²

So What Can You Do?

Start Taking All-Natural Respir8sm, as Part of Your Overall Plan to Keep Your Lungs Healthy.

Respir8sm is a special formulation of ingredients scientifically selected to help support healthy lung function. Together they act to help your natural process of respiration, while providing the nutritional support your lungs need every day.

Respir8sm's key ingredients include:

***Mullein Leaf extract** - supplies mucilage, tannins and saponins. Mucilage supports the health of mucous membranes - where much of the "air-filtering" is done - while the tannins and saponins help maintain normal amounts of mucous in these membranes. Not only that, but Mullein has also been found to



Friendly, knowledgeable customer service is a top priority at Tabak's Health Products.

have other important health benefits as well.³

***Slippery Elm Bark extract** - a nutrient that feeds, soothes and strengthens your mucous membranes.

***Ma Huang** - has been used in China for at least 5000 years to support respiratory system health. It is recognized worldwide for its ability to relax the airways in the lungs. Result? It can help you breathe more easily.^{4,5,6}

***Antioxidant vitamins C and E** - have been shown in clinical studies to act as powerful scavengers of dangerous free radicals, supporting your lungs' ability to breathe normally.^{7,8,9,10}

So start taking Respir8sm today - and breathe easier, knowing that you're giving the lungs the help they really need!

Suggested Dosage

Take two capsules a day with food. You can take them in the morning or the afternoon. It's up to you.

Supporting References

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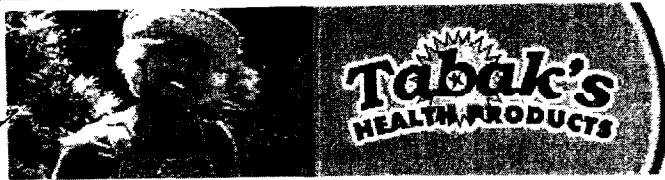
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Respir8™

Respir8™ is a special formulation of ingredients scientifically selected to help maintain healthy lung function. Together they help to relax your airways and promote the natural process of respiration, while providing the nutritional support your lungs need every day.

Respir8™ contains mullein and slippery elm, which nourish, feed and support the health of your mucous membranes, and antioxidant vitamins C and E which act as powerful scavengers of dangerous free radicals, supporting your lungs' ability to breathe more easily.



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HeartShield™

HereWeGrow™

Legulax™

Mega JointWellness™

The MegaWellness™ System

Nature's Shape™

PotencyPlus™

ProstLo™

ReFaze™

ReguCleanse™

RegularOne™



Breathe Naturally

Maintain Healthy Lung Function and Support Normal Breathing

The air you breathe is a mess. Every day, you expose your lungs to the airborne debris of our industrial society. And the air indoors is even worse.

So what can you do?

Start taking all-natural Respir8™ as part of your overall plan to keep your lungs healthy.

Respir8™ is a special formulation of ingredients scientifically selected to help support healthy lung function. Together they act to help your natural process of respiration, while providing the nutritional support your lungs need every day.

Respir8's™ key ingredients include:

*Mullein Leaf extract - supplies mucilage, tannins and saponins. Mucilage supports the health of mucous membranes - where much of the "air-filtering" is done - while the tannins and saponins help maintain normal amounts of mucous in these membranes. Not only that, but Mullein has also been found to have other important health benefits as well.³

*Slippery Elm Bark extract - a nutrient that feeds, soothes and strengthens your mucous membranes.

*Ma Huang - has been used in China for at least 5000 years to support respiratory system health. It is recognized worldwide for its ability to relax the airways in the lungs. Result? It can help you breathe more easily.^{4,5,6}

*Antioxidant vitamins C and E - have been shown in



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clinical studies to act as powerful scavengers of dangerous free radicals, supporting your lungs' ability to breathe normally.^{7,8,9,10}

SensiClean™ & SensiMask™

\$29.97 [Click Here!](#)
To Order

ShapeSaver™

Contains:

Mullein Leaf extract, Slippery Elm Bark extract, Gotu Kola extract, Ma Huang, Vitamin A, Vitamin B12, Vitamin C, Vitamin E.

Slimming Tea™

SuperAmoré™

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. Respir8™ should not be used by anyone under 18 years of age, people with heart, thyroid or cardiovascular disease, angina, pregnant or nursing, have high blood pressure, diabetes, difficulty in urination due to prostate enlargement or if taking MAO inhibitor, alpha-2 blockers, anticoagulants or any other prescription drug. Do not use if you have asthma, a history of hypertension or strokes. Keep out of reach of children. Individual results will vary. **Follow label directions carefully.** A small percentage of adverse effects have been reported from the use of ma-huang. **Do not exceed 2 capsules in a 24 hour period.**

ThermAway™

ThinkCaps™

VitalOne™

20/20 Caps

20/20 Caps™ are specially formulated to help nourish your eyes by supplying the nutrients you need to support vision and eye health, as you age.

20/20 Caps™ contain vitamin A, vitamin C, zinc, selenium, bilberry, mixed carotenoids, and lutein.

Did you know that lutein is a key component of your eye's retina?

Evidence has also been found that carotenoids and vitamin C and E help support your retinal pigment.

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.

BetiPlus

BetiPlus™ contains special ingredients for advanced nutritional support. More importantly, they can help you maintain blood sugar levels in a healthy range, assuming they're already normal.

Bitter Melon fruit extract, Alpha-lipoic acid, and Vanadyl sulfate help to keep blood components in a state of balance.

As part of your healthy diet and exercise plan, BetiPlus™ can help maintain your quality of life! (Not intended to have an effect on abnormal blood glucose.)

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.

BoneKeeper

Calcium-rich BoneKeeper™ is a highly compatible, usable and absorbable supplement. Its proven ingredients have been demonstrated to support healthy bones and help maintain bone density.

BoneKeeper™ gives you 600mg of Ipriflavone AND 1,000mg of calcium carbonate per day. Plus you get boron, zinc, copper, magnesium, and phosphorus - all excellent for your bone health.

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.

CholestLo

The ingredients in CholestLo™ are proven to help maintain cholesterol levels already within the normal range. Safely and naturally.

In fact, they can be of "effective significance," especially when combined with a healthy diet and regular exercise.

On top of that, CholestLo™ contains no harsh chemicals. Nothing artificial. The benefit for you? No bad side effects. Nothing dangerous. In fact, thousands of our customers use it every day.

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.

DreamCaps

Do you have difficulty falling asleep occasionally? Do worries or tension keep you up? When you wake up, do you feel dragged out? Or tired?

If so, DreamCaps™ could be just the ticket for you.

DreamCaps™ is made of herbal extracts and other carefully selected nutrients. Like Valerian and melatonin. They promote deeper, more restful sleep in a gentle way - so you won't feel drowsy and dopey when you wake up. Just re-energized and positive.

More importantly, DreamCaps™ is safe. Easy to take. Not addictive.

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.

Dynergy

Dynergy™ contains special "energy nutrients" scientifically proven to give you a lift. More importantly, it gives you a completely natural boost. No artificial stimulants. No drugs. No chemicals. Nothing dangerous.

The potent energizers in Dynergy™ can free you from fatigue. Increase your mental alertness. Unleash your inner energy.

How much better would you feel with a higher energy level? More stamina on the job? More zing at play? Extra enthusiasm with your family?

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.

Gluchon 1500

I'm particularly surprised because there's such good science on Glucosamine Sulfate and Chondroitin Sulfate.

These key ingredients support normal cartilage formation while maintaining healthy joint fluid and tissue.

In a long term, double-blind study, 106 patients experienced real improvement in how they felt when using Glucosamine.

Another study found that Chondroitin gives a significant benefit to joints - with no serious side-effects.

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.

GoodMood Food

Not only do the proven ingredients in GoodMood Food™ increase your energy levels. They can also keep you alert. Happy. Cheerful.

Plus, you'll feel less fatigue and stress.

At times do you feel sad? Or hopeless? If so, use GoodMood Food™ to counteract anxiety and feeling "low."

Best of all, it contains no chemicals and is safe.

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HeartShield

HeartShield™ is one of the best comprehensive supplements I've ever seen to support and maintain a healthy heart. It contains...

- * *Coenzyme Q10*: important for maintaining a healthy heart muscle.
- * *Vitamin E*: a powerful antioxidant which helps promote a healthy circulatory system.
- * *Selenium*: helps protect red blood cells and other cell membranes.
- * *Magnesium*: helps maintain healthy artery walls and normal blood pressure.

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Here-We-Grow

Here-We-Grow™ is specially formulated to empower your natural hair-growing mechanism.

It works by providing a steady supply of nutrients - *Biotin, MSM, Zinc, Fo-ti, Collagen*, and more. All of which support the building blocks of Keratin, a key component of your hair.

Here-We-Grow™ promotes hair that looks thicker, shinier, fuller and healthier. Hair you can be proud of.

Best of all, it contains no chemicals and is safe.

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.

Legulax

Legulax™ is specially formulated to help relieve your night-time leg cramps.

It helps support healthy blood circulation to your extremities and throughout your body. And it enhances your body's natural ability to deal with muscle fatigue.

The result? Your muscles remain relaxed so you can sleep comfortably through the night.

Best of all, Legulax™ is safe. Contains no harsh chemicals. And no drugs.

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.

Mega JointWellness

Our customers - lots of them - say Mega JointWellness helps maintain healthy joints. It does so by helping your body produce more collagen - the building blocks of your joint cartilage. With sufficient cartilage your joints can function normally, without grinding together.

In addition, Mega JointWellness™ supplies a glucosamine/chondroitin complex that supports tissue, ligament, and muscle health as well as enhances the elasticity of your cartilage. Mega JointWellness™ truly is EXCELLENT in helping to give your joints a full range of motion.

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MegaWellness

MegaWellness™ gives you loads of extra energy. Enhances your immune system. Keeps you healthier and feeling younger.

In addition, the MegaWellness™ System eliminates "mixing and matching" different vitamins. By taking just one specially balanced packet a day, it gives you a full complement of vitamins, minerals, antioxidants, enzymes, and herbs. You get maximum health with minimum hassles. The MegaWellness™ System truly is EXCELLENT for your health.

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.

Nature's Shape

The ingredients in Nature's Shape™ have been proven to decrease your appetite while increasing your energy levels at the same time.

Plus, Nature's Shape™ is ideal to take if you snack between meals or tend to overeat at mealtimes. Why? Because the ingredients are formulated to make you feel really full so you won't want to eat!

Want to eat less? Achieve your weight loss goals? And have extra energy to boot? Give Nature's Shape™ a chance.

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.

PotencyPlus

PotencyPlus™ helps increase male vigor and sexual energy. It contains...

- * *Yohimbine*, which helps enlarge and dilate your body's blood vessels.
- * *Avena sativa* helps your body free up testosterone, which stimulates desires of intimacy.
- * *Saw palmetto* extract helps your body maintain a healthy prostate with helpful sterols and fatty acids.

While each of these ingredients alone are excellent for promoting male virility - where it has declined with age - together, they work even more effectively!

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ProstLo

ProstLo™ contains these incredible ingredients:

- * *Selenium*: improves your odds of keeping your prostate healthy.
- * *Zinc*: aids in prostate health by promoting proper function of your prostaglandins.
- * *Saw Palmetto*: proven in numerous studies to keep your prostate healthy.
- * *Pygeum Africanum*: promotes prostate wellness by lowering prolactin levels.

In short, you have a wellness formula grounded in science.

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.

ReguCleanse

ReguCleanse™ is fantastic because it contains these ideal ingredients to help maintain bowel and colon health, naturally:

- * *Rhubarb*, a purgative, can sensitize the bowel movement reflex nerve of the colon.
- * *Coptis* helps digestion by promoting the secretion of saliva, gastric juices and pancreatic juice.
- * *Scute* supports the healthy secretion of gallbladder bile, which helps your digestion.

Best of all, ReguCleanse™ helps keep you regular, so there's no embarrassing rush to the bathroom.

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.

RegularOne

The ingredients in RegularOne™ have been shown to promote healthy intestinal tract function.

They help you stay regular and comfortable. Keep your bowels working properly.

Best of all, RegularOne™ is drug free. Chemical free. And safe.

It's a sensible way to maintain regularity.

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.

SatisBaction

SatisBaction™ is specially formulated to support wellness in your spine, shoulders, and back.

It contains nutrients proven to help: Lessen tension. Relax back muscles. Enhance vertebral health. Keep your back and neck functioning normally.

With SatisBaction™, you can minimize "normal aging" back discomfort.

Best of all, it's drug free. Chemical free. And safe.

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Slimming Tea

Slimming Tea™ is a delicious herbal tea that you will actually enjoy drinking.

It helps to relax you, so you won't be as tempted to overeat.

Plus, it supports proper colon and elimination function, to help you achieve and maintain your normal body weight.

And it does so... safely, and quickly!!!

What could be easier than sipping a delicious herbal tea?

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SuperAmore

SuperAmoré™ improves sexual energy and boosts staying power, that tend to decrease as you get older.

It contains horny goat weed, maca, muira puama and mucuna pruriens - ingredients that are safe. Chemical free. And drug free.

Most importantly, they can increase sexual prowess. Enhance performance. Heighten sensitivity.

The bottom line? They can help to jump start your sexual batteries.

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ThermAway

ThermAway™ can help you shed unwanted pounds and inches. Naturally. Safely. Quickly.

Studies show the ingredients in ThermAway™ can help you lose weight by converting body fat into thermogenic energy.

ThermAway™ gives you increased energy. Maintains your muscle while it burns fat. Improves your digestion. Works all day long to help you achieve your weight-loss goals.

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ThinkCaps

The ingredients found in ThinkCaps™ are grounded in science:

Vinpocetine increases brain metabolism in three ways. It pumps up blood flow, increases the rate at which brain cells produce ATP - a cell molecule that creates energy - and speeds up the use of glucose and oxygen. The result? Your brain is more efficient at retaining information.

Phosphatidyl Serine supports proper memory function.

Ginkgo Biloba Extract helps increase blood circulation to the brain, resulting in better concentration and sharper memory in those with age-related absentmindedness.

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VitalOne

VitalOne™ can help you fight free-radical damage and help protect against cell deterioration before it happens.

There's never been another "cell-protecting," "anti-aging" supplement like VitalOne™ to help keep you feeling and looking younger, naturally.

It contains...

Pine bark extract, grape seed extract, olive leaf extract, green tea, milk thistle extract, alpha lipoic acid, vitamin E, vitamin C, selenium, folic acid, mixed carotinoids, vitamin B12, manganese, copper, and zinc.

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