DOCTOR INTERVIEW

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Introducing Premium-Quality Vegetarian Softgels

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Arthro-7®

A BETTER CHOICE THAN GLUCOSAMINE CHONDROITIN

Results Within 2 Weeks*

- Over 8 Million Sold
- Clinically Proven
- Doctor Recommended

Arthro-7® is a clinically proven dietary supplement containing 7 ingredients that can help improve overall joint health in as little as 2 weeks. This revolutionary formula:

- Nourishes Cartilage
- Relieves Discomfort
- Promotes Mobility & Flexibility
- Is Drug, Shellfish, Gluten & GMO Free
- Is Made in the USA

To get the best results in 7 days, take an initial dosage of 4 capsules daily with food.

Supplement Facts

<table>
<thead>
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<th>Serving Size 2 Veggie Capsule / Servings Per Container 30</th>
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<tr>
<td>AR7 Joint Complex</td>
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<tr>
<td>Collagen (from chicken), Cetyl myristoleate (CMO), Lipase 30, Methylsulfonylmethane (MSM), Turmeric (Curcuma longa extract, root, 95% curcumin), Bromelain (from pineapple, 2400 GDU)</td>
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* Daily Value (DV) not established.

*More offers available online

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

To order, call 1-888-586-4787 or visit www.usdoctorsclinical.com
U.S. Doctors’ Clinical
Doctor-Formulated Dietary Supplements

Advisory Board Mission Statement

We are dedicated to utilizing our collective expertise in preventive medicine, naturopathic medicine, chiropractic medicine, urology, podiatry, gastroenterology, and many other areas to provide innovative solutions that improve your overall quality of life.

www.usdoctorsclinical.com

*Not a complete list of Advisory Board members. All doctors who have authored stories or endorsed supplements have been given stipends to compensate them for their time in evaluating the information presented in this magazine.
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*Achieving the Natural Balance in Body and Mind by a Physician Who Practices What She Teaches*

*by Cassandra Rodriguez*

U.S. Doctors’ Clinical® met with fitness guru, Dr. Lynn Anderson, who shares her views on natural health and the importance of preventative care. Her philosophy on naturopathy, tips for maintaining joint health, and extensive thoughts on the importance of dedicated exercise, are just some of the topics she talks about with us for the benefits of all our readers!

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At U.S. Doctors’ Clinical®, we offer a quality product line of doctor-recommended dietary supplements for better health and potent nutritive benefits. We employ the highest standards in our formulations, guided by the knowledge of professional doctors, nutritionists, and health practitioners to deliver a premium-quality product.

All supplements are developed with high-grade sourced ingredients, using innovative blends to maximize efficacy and purity. We’ve designed our formulations to meet up against human clinical trials, and are currently testing all of our products to ensure their value and potency. Our top health products are clinically-proven, guaranteeing the safety and effectiveness of our best-selling formulas. Our products range across a wealth of health areas – joint, immune, digestive, and cognitive support – as well as utilize multiple delivery systems, including liquid softgels, tablets, and capsules.
Dear Reader,

Welcome to U.S. Doctors’ Clinical® Magazine, where we bring you the latest news and developments in the world of wellness and nutraceuticals. U.S. Doctors’ Clinical® believes that many health areas can be assisted by using herbs, extracts, vitamins, and minerals already found in nature, which is why our doctor-recommended supplements are created with the finest nature-based nutrients to provide you maximum quality and effectiveness.

This issue, we have an informative interview with one of our Advisory Board Doctors; the esteemed Dr. Lynn Anderson. Specialized in numerous areas, including aromatherapy, yoga fitness, nutrition, and lifestyle consultations, she explains the importance of natural, balanced health. With her background as a naturopathic doctor, a yoga therapist, a prolific author, and both a mother and grandmother, Dr. Lynn has a wealth of advice for all-natural health, gathered from over 25 years of experience.

Also showcased in this issue are some of our most popular, clinically proven formulas that have helped thousands of individuals improve their quality of life. Arthro-7®, our premier bone and joint health supplement, has helped many people plagued by joint discomfort and joint stiffness reclaim their mobility. In a double-blind, placebo-controlled study, 74.5% of people taking Arthro-7® experienced improvements to their joint comfort and mobility after taking Arthro-7® for three months. Positive health results were noticed in as little as two weeks.

Another one of our most popular formulas is Prostata®, which has been proven to support prostate health. A healthy prostate gland is usually about the size of a walnut, but despite its relatively small size, changes to the prostate can greatly affect male urinary and sexual health. Prostata® was clinically proven to support symptoms of an enlarged prostate, including frequent urination and urinary flow, which can help improve a man’s overall quality of life.

Keeping your health well-maintained takes constant effort with a dedication for healthy practices. Know that vitality and longevity begin from within, and when you take the steps towards looking out for your health, you can keep living life to the fullest. Our articles concerning our signature products, such as Neogene, BrainPower Advanced, and CitriCholess® contains such vitality-boosting nutrients to keep your functions in good shape. Along with other products that help support your immune system, such as Omega3Q10, Lung Support Formula, and Probiotic-6®, you can take the advantage in preventative care and learn the ins-and-outs on what you can naturally do for your lifestyle.

It’s a big world out there and there are many things that can affect your health without you knowing it. But with a proactive mindset and positive attitude to healthier eating, fitness, and supplementation, the doctor-recommended nutraceuticals from U.S. Doctors’ Clinical® can help you tackle some of its challenges.

Healthy Regards,

U.S. Doctors’ Clinical®

For more information on our products, please visit our website at: www.usdoctorsclinical.com

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
**Share Your Experience!**

We at U.S. Doctors’ Clinical® love to hear from you and are always looking for new stories about our readers. We’re interested to see how we’re doing and to show readers that good health is achievable! You can email your experience to us at: 

customer_service@usdoctorsclinical.com, or write to us at:

**U.S. Doctors’ Clinical**  
Attn: Customer Service  
2781 W. MacArthur Blvd. Ste. B-363  
Santa Ana, CA 92704

We look forward to hearing from you!

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

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**Arthro-7®**

“My husband takes this product and swears by it. It took a good month to start working, but then his knee joints greatly improved. Hardly anymore discomfort.”

Connie C., ME

---

**Mega MSM**

“I have used Mega MSM for 10 years; took 6 months off from using it and my joints told me to begin taking it again. Works well, keeps me moving.”

Don D., PA

---

**CitriCholess®**

“This product is wonderful... I will continue to use this product because it brought my cholesterol into normal range.”

Diane C., UT

---

**Neogene**

“I love this product, I have been taking it for about 10 years now. I love it! And I swear I look 10 years younger.”

Julie C., MI

---

**Lung Support Formula**

“Clears the lungs and helps keep them healthy. Great product!”

Cindy P., IL

---

**Brainpower Advanced**

“It is hard to say how my memory function would be without using Brainpower for 20 years. Yet, being 83, I am very active and my memory is quite efficient.”

Henry P., MD

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**Blood Pressure Vitality**

“Blood Pressure Vitality has done as advertised … it has kept an already normal blood pressure normal.”

Michael M., OK

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**Probiotic-6®**

“Excellent delivery time and excellent product as usual.”

Logan L., CA

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*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.*
It's time to get active! Regular physical activity not only helps maintain your body, it can also make you feel good about yourself. And it can also be fun! Whether it's dancing, swimming, golfing, or just a quick walk around the block—there are many ways to be physically active and have a good time at it.

But if you are experiencing joint or muscle discomfort, it can affect your ability to indulge in your favorite activities. Supplement your diet and support your mobility with Arthro-7® so you can manage even the simplest of tasks.

**Exercise Your Way to Joint Mobility**

It may seem that “resting your joints” is the answer to relieving discomfort associated with sore muscles and joints, but did you know that the opposite can sometimes be true? Exercise can, in fact, strengthen joints and the surrounding muscles. Regular exercise has also been shown to slow the loss of muscle mass, strengthen bones, and reduce joint and muscle discomfort. In addition, mobility and balance are improved, which reduces the risk of falling and suffering injuries.

Inactivity, on the other hand, can aggravate the problem because weak muscles around the joints can lead to joint instability.1

**Arthro-7®—Supporting You Every Step of the Way**

Maintaining a physically active lifestyle despite having joint and muscle discomfort can sometimes be a daunting task, but with a bit of patience and a little help, you can be well on your way to resuming your physical activities. Arthro-7®, our most popular and trusted joint nutrition supplement can not only promote joint mobility, but can also give your confidence a boost by easing your discomfort as you take the first step to resuming your physical activities.

Arthro-7® has been clinically proven to promote joint mobility, rejuvenate joint tissues, and nourish joint cartilage. This formula is safe and effective for your sore joints and muscles.

In a 12-week, randomized, double-blind, placebo-controlled study, men and women over 50 years of age were given either Arthro-7® or a placebo at a dosage of four capsules daily. At
Arthro-7® has been clinically proven to promote joint mobility, rejuvenate joint tissues, and nourish joint cartilage.

the end of 12 weeks, 74.5% of patients in the treatment group who were given Arthro-7® capsules experienced improvements in their joint comfort and mobility compared to only 16.3% of patients in the placebo group. Positive results from taking Arthro-7® were reported in as little as 2 weeks.2

The Perfect Blend for Your Joints

Arthro-7® is a premium joint comfort formula featuring ingredients such as collagen (from chicken), methylsulfonylmethane (MSM), cetyl myristoleate (CMO), bromelain, lipase, and turmeric.

Collagen is the most abundant protein in mammals and the main component of cartilage, skin, ligaments, tendons, and teeth. It is a major structural protein that is responsible for tensile strength and toughness in the cartilage.3 Collagen can also help rejuvenate joint tissues and nourish joint cartilage.

Arthro-7® also features the remarkable ingredient MSM which has a surprising number of benefits to the human body. MSM is an organic sulfur, a naturally occurring compound in the body that is an indispensable component in human nutrition. Sulfur provides the body with the raw materials needed to create new cells, as well as repair and replace damaged tissues and organs, in addition to ensuring connective tissue health and the formation of collagen.4

CMO and bromelain are additional ingredients in Arthro-7® that provide your body with multiple biological benefits. CMO is known to help lubricate joints and muscles, soften tissues, and support flexibility. It also helps the immune system and has powerful anti-inflammatory benefits.5

Pineapple has been used for centuries in Central and South America to support digestion and reduce inflammation. Bromelain is derived from the stem and juice of the pineapple. This mixture of protein-digesting enzymes is particularly effective in promoting reduced inflammation from infection and injuries.6

Discover the Benefits of Turmeric and Vitamin C

Arthro-7® also makes use of turmeric, which has been used for centuries in Ayurvedic and Chinese medicine, and has a long, impressive history in treating various health concerns. A perennial herb belonging to the ginger family, turmeric has been proven to aid in decreasing discomfort and swelling, while supporting joint mobility and healthy bone density.7

Last but not least, Arthro-7® provides you with a healthy dose of vitamin C, a powerful antioxidant that also plays a crucial role in collagen formation and the nourishment of joint cartilage.

Be Good to Your Joints—Nourish Them with Arthro-7®

When joint and muscle discomfort affects your daily activities, it can feel like you are unable to perform even simple tasks. But with Arthro-7®’s unique, trusted, and clinically proven formula, you can rest assured that you are providing your joints with the premium care they deserve to begin easing discomfort so you can start actively moving.

Arthro-7® is a formula many people have come to rely on to help relieve discomfort, promote mobility, rejuvenate joint tissues, and nourish cartilage. Over 8 million units have been sold to date. You can join the league of the thousands of customers who have benefited from the clinically proven Arthro-7® formula and are well on their way to leading healthy, physically active lifestyles once again.

References are available upon request.

Everyday Tasks to Keep Your Joints Healthy

**Park and walk**

• Drive your car to the furthest corner of the parking lot when you go shopping and take a few more steps.
• Walk around the mall.
• Check your local community center to see if they offer low-impact exercise programs like water aerobics.

**Health begins at home**

• Adopt a system of regular physical work around your house and yard: vacuuming, sweeping, washing walls and woodwork, and gardening.

**Double the fun**

• Participate with your kids or grandkids in recreational activities such as swimming, biking, or playing ball. You’ll get your exercise and have fun doing it!

**Extra effort pays off**

• Take stairs instead of the elevator.
• Use a manual lawnmower instead of an electric or gasoline-powered machine. Hint: make sure you keep the blades sharp!
Arthro-7® is a clinically proven supplement that supports joint comfort. AR7 Joint Complex, a clinically proven proprietary formula that has been shown to reduce subjective symptoms associated with joint dysfunction. In a double-blind, placebo-controlled clinical study, 74.5% of participants taking Arthro-7® experienced greater joint comfort and mobility after 12 weeks compared to only 16.3% in the placebo group. Positive results were noticed in as little as 2 weeks.

Arthro-7® Clinical Results

<table>
<thead>
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<th>Percentage of participants who experienced increased joint comfort</th>
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</tr>
<tr>
<td>10%</td>
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<tr>
<td>74.5%</td>
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“I’ve recommended this product for over 10 years in my clinical practice and I’ve seen positive results, not only for my patients but also on my own self. Positive results utilizing Arthro-7® have been supported by a clinical study which was published in the scientific, peer-reviewed Nutrition and Dietary Supplements.”

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Give your body a fighting chance against free radicals with antioxidants.

Delivering essential vitamins and minerals to help support your body against oxidative damage

**BENEFITS**

- Helps neutralize free radicals and stops oxidative damage
- Supports cellular health and immune health with powerful antioxidants
- Betatene® is a source of mixed carotenoids, beta-carotene, alpha-carotene, lutein, zeaxanthin, and cryptoxanthin, which are all powerful antioxidants
- Plus Selenium, Red wine, Grape seed, Green tea, and more

**Supplement Facts**

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<td>AntioxiPro</td>
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Meet Dr. Lynn Anderson

Achieving the Natural Balance in Body and Mind by a Physician Who Practices What She Teaches

by Cassandra Rodriguez
As a naturopathic doctor, Dr. Lynn Anderson believes first and foremost in preventive care and keeping oneself balanced through diet, exercise, relaxation, and a genuine appreciation for life! Her specialties range from aromatherapist to yoga instructor, and she has written numerous articles on the benefits of alternative health for the seeking individual. Keeping up to date with the latest in nutrition, and creating a series of her unique blend of yoga-and-dance fitness videos, Dr. Lynn teaches that you can keep fit and healthy through natural means while avoiding the burnout. She has earned both a Ph.D in natural health and a doctorate of naturopathy from the College of Natural Health, and currently offers consultations for lifestyle assessments, diet, exercise routines, and stress management.

USDC: Dr. Lynn, please tell us about how you found yourself in naturopathy and what motivated you to pursue such a prestigious career path.

Dr. Lynn Anderson: I got my start many, many years ago—I was going to school as a single mother, supporting 2 young children, and was really under a lot of stress! But natural health helped get me into a better direction and healthier state of mind. I soon realized that a balanced diet, regular exercise, and taking a natural, healthy approach might be a better way than going down the road, getting sick and having to take medication instead.

That’s what it means to be a naturopathic doctor. I work to support health by utilizing preventative methods over cure. A naturopath looks more at how we can prevent disease or sickness from happening, as opposed to what do we do once we have it.

USDC: As a practitioner of natural health and wellness, how did you become a part of the U.S. Doctors’ Clinical® Advisory Board?

LA: I was introduced by a colleague, Dr. Ronald Lawrence, to USDC several years ago. I had previously gotten in touch with him when he was doing a lot more natural medicine and trying to take that approach to his work. I think I’ve been with the organization for over 15 years now, and I’ve continued to be involved ever since!

USDC: Part of your practice includes aromatherapy. How do you utilize this avenue of health for overall well-being?

LA: Our moods and our reactions in life are very much affected by our sense of smell. It's something we don't really think about, because we tend to pay more attention to our other senses and how they affect us; what we see, what we touch, what we hear and what we taste. But our sense of smell has a major influence on our health.

It works like this: when you breathe in scents, they’re like little chemicals that go up through your nasal passage, which is the most direct passageway to your brain. It goes in and it hits the limbic system part of your brain—which has to do with your sleep/awake cycle, and also your appetite cycle. So when a scent like chamomile goes through, it affects that part of your brain and helps sedate it, making it easier on you to sleep. Another example is with cinnamon—the scent is very warming and it also tends to improve the circulation throughout the body. For most people, when they smell cinnamon, there’s this kind of a warm,
When you work with an aromatherapist, you would get prescribed certain oils and certain scents, in response to what is going on with your body.

fuzzy feeling that you get. It’s a very pleasing scent, making you want to stay in and have some nice cinnamon cookies!

When you work with an aromatherapist, you would get prescribed certain oils and certain scents, in response to what is going on with your body. These nutritional oils are antiseptic, analgesic, and antibiotic, which are all beneficial. With aromatherapy, we naturally alter mood states, bringing them a sense of calmness, as well as giving energy to the body and mind. That’s how aromatherapy can help you.

USDC: You have written extensive articles about mind/body integration and its relations to natural health. How do you apply this unique approach to exercise for those seeking good health?

LA: When you are exercising, it’s really important that both the mind and the body be together. If you’re in an exercise class and your mind is a hundred miles away, you’re losing the beat, the rhythm, and probably not maximizing the workout. So the idea is, of course, for a good instructor to be able to bring the students in and keep them motivated, keep them focused on what they’re doing in the moment. And that’s what mind/body integration is; letting go of stress and all the things that distract us, bringing the mind and the body together and trying to get into that flow, which is where you maximize and get the greatest workout.

USDC: Along with Dr. John Hahn, you’ve discussed about U.S. Doctors’ Clinical®’s product, Arthro-7®, and its benefits towards optimal joint health. Can you explain to us what caught your eye about this supplement?

LA: I first knew about Arthro-7® through USDC and Dr. Hahn, which we also did a really fun infomercial together for the supplement! The main reason why I was drawn to Arthro-7® is because it has these three extracts in it; Collagen, Turmeric, and Bromelain. Those extracts are excellent for reducing inflammation—which is one of the many issues we have with our joints. One of them for example, bromelain, comes from pineapple. You could say, ‘Well, why not just eat a lot of pineapple?’ The problem with that is that most of the bromelain is located in the stem of the pineapple, which is the part that we throw away and don’t
eat! While it is a very good idea to start eating pineapple every day, we also probably need that extra little kick of the nutrient—which is what we would get through the formula of Arthro-7®.

USDC: As a yoga therapist as well, do you have any exercise tips on how to keep your joints in prime condition and to relieve discomfort?

LA: Movement! Movement is extremely important, especially when you're dealing with things like back discomfort, knee issues, or any kind of arthritic problems. But the movement has to be slow and calculated, and we have to make sure the person's body is in alignment. That's why it's really important to work with someone who's a qualified yoga therapist, so they can help you move your body in ways that not only do it no harm, but actually improve it by increasing the circulation throughout your body.

I created a class, that's now on DVD, called “Dr. Lynn's Anti-Aging Yoga Dance.” It's a combination of yoga techniques which consists of both gentle and dancing moves that are all non-impact. The idea behind this is to get you moving in a lot of different ways; stretching and improving that circulation, working the cardiovascular system, and then relaxing with a little meditation at the end. When it comes to exercise, you gotta do it all and bring it together!

USDC: Nutrition is an important part of preventative care. Are there specific ingredients or nutrients that you highly recommend or that you personally use?

LA: I actually just came back from India, where I stayed for three weeks. In Indian food, they use a lot of spices that are prevalent in their dishes, which include turmeric, black pepper, fennel, and star anise. All of those spices are really good for reducing inflammation. And when it comes to arthritis, inflammation is what we're dealing with here.

So I recommend that we spice it up a little bit! Enjoy some Indian food! And you can do some simple things, too. Fennel is a great herb that can also be chopped up and used in a salad, and you can grind black pepper and put it on top of your food to get that extra boost of spice, which can help, in a mild way, to reduce inflammation.

Just remember, there's no magic pill or magic herb that'll treat you, but instead a combination of healthy practices. Eating the right food for your diet, daily exercising, aromatherapy—using all of these natural approaches can bring the body back into balance.

These are practices that I myself use. I don't believe that, as a good teacher, doctor, and instructor, that I should ever ask anybody to do anything that I'm not willing to do myself. There's an expression, 'Physician, heal thyself.' It means, if you're not willing to heal yourself, how can you heal other people? That's my philosophy.

USDC: Thank you so much, Dr. Lynn, for speaking with us today. Do have any final words of advice and contributions for our readers?

LA: My message to all your readers; keep moving, keep smiling, and enjoy the moment! That's the most important thing to do! ☺️
**SurAsleep**

is a fast-acting, proprietary sleep aid formula that is not habit-forming and supports natural, restful sleep.

**BENEFITS**

- Supports restful sleep without morning grogginess
- Valerian helps shorten the time to fall asleep and improves the quality of sleep
- Melatonin helps increase sleep onset latency in people with primary sleep disorders, increases the efficiency of normal sleepers, and decreases sleep onset latency in people with delayed sleep phase syndrome
- Plus Calcium, Magnesium, and Oats

**Supplement Facts**

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* Daily Value (DV) not established.

This product is not a treatment for insomnia or other sleep disorders.

To order, call 1-888-586-4787 or visit [www.usdoctorsclinical.com](http://www.usdoctorsclinical.com)
SIX BILLION STRONG: MEGA DOSE OF PROBIOTICS OFFERS MULTIPLE HEALTH BENEFITS

U.S. Doctors’ Clinical®’s Probiotic-6® is one of the best sources of clinically tested good bacteria available.

by Dr. Robert Schiffer

Bacteria aren’t just all around you—they’re inside you, too. There are, in fact, millions of good bacteria, also known as probiotics, that reside in your digestive tract; they are essential to healthy digestion and strong immunity. They can even help balance cholesterol levels. Until now, however, the main source of probiotics—yogurt—added fat and calories to your diet, and had to be refrigerated.

All that has changed with the introduction of U.S. Doctors’ Clinical®’s Probiotic-6®. Formulated with the clinically tested Unique IS2 Bacillus Coagulans®, Probiotic-6® provides a safe, stable, and convenient mega dose of health-enhancing probiotics in a softgel.

Probiotics and Your Gut

Probiotics are beneficial microorganisms that are naturally present inside the digestive system. Existing side by side with bad bacteria, they are found mostly within the intestines, where for healthy, efficient digestion they must outnumber their harmful counterparts. Unfortunately, these beneficial bacteria can be depleted by stress, an unhealthy diet, illness, or use of some medications (Harvard.edu). What’s more, until now, their fragility made refrigeration necessary and made it difficult for many of them to survive the hazardous journey through the digestive system to the intestines (Harvard.edu).

The Uniqueness of Probiotic-6’s Unique IS2 Bacillus Coagulans®

The introduction of Probiotic-6® featuring Unique IS2 is good news for people who wish to support healthy digestion and overall health. A patented strain of good bacteria, Unique IS2 has big advantages, benefits, and conveniences not offered by other strains.

The biggest advantage of Unique IS2 lies in its resistance to being broken...
down before it reaches where it needs to get to work. Bacillus coagulans are spore-forming organisms with a natural microencapsulation that protects the bacteria and gives them stability, even at high temperatures. In clinical testing, Unique IS2 survived microwaving, boiling, and baking, and were shown to have a shelf life of more than three years (Sudha 2010).

This ability to withstand high temperatures is only the beginning of Unique IS2’s stability. The coating protects the bacteria even after ingestion. This means they can travel through the churning gastrointestinal system, weathering the onslaught of caustic stomach acids and bile salts throughout the digestive tract. Clinical testing shows that up to 80% of Bacillus coagulans survive the journey from the stomach to the lower intestine, where they are finally activated (Sudha 2010).

**Intestinal Fortitude**

Once in their optimal growing environment, these probiotics stick to the intestinal wall—at a remarkable adherence rate—and begin to flourish. As they colonize here in the lower intestine, they get to work providing a myriad of health benefits, starting with ousting the bad bacteria. Not only do they crowd out harmful organisms, but they also produce substances that inhibit their growth, thereby restoring proper intestinal tract balance and assisting in your body’s own natural defenses. And that’s just the beginning of the benefits offered.

Important immune system support comes from the fact that Unique IS2 spores colonize the large intestine, where 70% of your body’s immunity resides (Maier 2013). In addition, clinical testing shows these probiotics help balance cholesterol levels, helping lower total cholesterol and unhealthy LDL cholesterol levels while helping boost good HDL levels (Sudha 2011). As lactic acid-producing spores, they help the body break down lactose and carbohydrates for energy (Maier 2013); help to reduce diarrhea, frequency of defecation, and abdominal discomfort; and aid digestion by helping break down semi-digested food and enhancing nutrient absorption.

**Convenient and Clinically Tested to Be Safe**

When it comes to convenience, you can’t beat Probiotic-6®’s softgel form. Each serving provides a mega dose of 6 billion live bacteria. And because of their stability at higher temperatures, they are able to survive manufacturing and shipping, and have a shelf life of three years with no refrigeration. This means you can get the probiotics you need without adding fat and calories to your diet or eating something you do not enjoy.

Finally, when it comes to good bacteria, the more, the better, it seems. In clinical testing, Unique IS2 was found to be safe even at mega doses (Sudha 2011).

**A Healthy Gut Means a Healthy Life**

Probiotic-6® contains one of the most stable forms of probiotics available that is capable of supporting healthy immunity, aiding digestion, and helping balance cholesterol levels. When supplemented daily, Probiotic-6® can be a powerful ally in your quest for robust health, bestowing upon you the many positive benefits of good bacteria and a healthy digestive tract. Take your health to the next level by giving it a probiotic push with Probiotic-6®.

**References**


†Unique IS2 Bacillus Coagulans® is a registered trademark of Unique Biotech Ltd.
Good bacteria, or probiotics, assist your overall health by aiding digestion, supporting the immune system, and balancing bacteria. The benefits of Probiotic-6® extend far beyond digestion and can even help support cholesterol levels in normal range.

**BENEFITS**
- Supports digestive health and balanced bacteria
- Contains clinically tested Unique IS2 Bacillus Coagulans®
- Provides the benefits of a cup of yogurt without the fat, calories, or sugar
- Features a protective coating to shield probiotics until they reach the large intestine

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**Supplement Facts**

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<th>Serving Size</th>
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1 Box 60 Softgels

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**Quantity Count Code Price**

**To order, call 1-888-586-4787 or visit www.usdoctorsclinical.com**

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A recent Swedish study found a strong link between good lung health and slower aging. Analysis of data on people ages 50 to 85 found those with healthy pulmonary function maintained better brain health as they aged. The findings provide new insight into the rate of human aging.

The good news is you can positively influence your overall health by supporting good lung health. The even better news is that a key component—healthy lung nutrition—can be achieved conveniently with U.S. Doctors’ Clinical®’s clinically proven Lung Support Formula.

**Big Lungs Are Healthy Lungs**

The results of the Swedish study stand to reason: larger lung volume means more oxygen-rich blood is transported to the brain. Unfortunately, after age 30, the lungs begin to lose tissue, causing them to shrink. A 20 percent loss occurs between ages 30 and 40, and by age 50, 40 percent is lost!

Since poor lung nutrition is a main factor affecting lung shrinkage, providing nutrients that target lung function is one of the best ways to positively influence both lung and overall health. The compounds in the clinically proven Lung Support Formula are powerful nutrients used in Traditional Chinese Medicine (TCM) for thousands of years to benefit lung health. The ancient Chinese highly valued these plants for their multiple abilities of influencing lung function and supporting respiratory health. Not only do they target the lungs, but they also nourish lung-supporting organs, such as the heart, kidneys, liver, and spleen. This wisdom of the ages has endured, and thanks to modern research, we now know how and why these nutrients work.

**Multiple-Action Nutrients That Strengthen and Complement Each Other**

Lung Support Formula contains a variety of nutrients with multiple positive effects on lung health. This diversity is vital because a number of factors can negatively impact the lungs. Chosen also for their ability to strengthen the actions of other nutrients, these compounds ensure maximum delivery of benefits and make Lung Support Formula one of the best lung health supplements available anywhere, which is why it has sold over 2 million units.
Fighting Oxidative Stress Is a Primary Function of Lung Support Formula

Of all the negative influences on lung health, oxidative stress is the most prevalent, considering that the act of breathing is a major cause. Smoking, environmental pollution, and lung infections can also cause oxidative stress.

The major portion of lung damage in oxidative stress comes from free radicals—damaged molecules that are a by-product of the oxidative process. These harmful molecules accumulate in the lungs and wreak havoc on all they touch. It's an imbalance between these radical oxidants and antioxidants—the compounds that fight them—that is a main contributor to lung shrinkage.4

Lung Support Formula's blend of ingredients reflects the importance of fighting oxidative stress. All 16 compounds are powerful free radical scavengers. Some of the best-known include vitamins A and C, and the herbs Panax ginseng and Ginkgo biloba. Others not as well-known, but no less potent, include white mulberry, Forsythia, and Ophiopogon japonicas, all of which scavenge free radicals and help slow lung shrinkage by maintaining oxidant/antioxidant balance.

Not Just a Pretty Antioxidant: Doubling Down on Lung Health

Other factors besides oxidative stress can affect lung health. Lung inflammation leads to breathing difficulties. Bacteria accumulate in lung tissue and, coupled with weakened immunity, can cause infection.

Sluggish circulation and airway constriction hamper gas exchange and diminish oxygen transported throughout the body. This multiplicity of influences is why Lung Support Formula's compounds pull double, and sometimes triple, duty.

Panax ginseng, Astragalus membranaceus, and Cordyceps sinensis are prime examples of these multitaskers. As adaptogens, they help the body adapt to stress of any kind—physical, mental, or emotional. All are powerful anti-inflammatories, contain antibacterial properties, and can strengthen immunity. Plus, each has individual properties that positively affect lung health.

Ginseng, for example, enhances the lung-supporting spleen and kidneys. It's also been shown to increase aerobic capacity.5 In TCM, astragalus is used for weakness in the lungs and to calm airway hyperactivity.6 Cordyceps enhances air flow and boosts oxygen capacity by inhibiting airway constriction and relaxing bronchial walls.7

Circulating Good Health

Healthy circulation is another vital influencer on lung and overall health. Without it, the brain and other organs do not receive the proper amount of oxygen. Lung Support Formula attacks the problem with circulation-enhancing nutrients, such as ginkgo, white mulberry, and Chinese salvia. Ginkgo and mulberry promote circulation by increasing levels of nitric oxide, a compound that dilates blood vessels and benefits blood flow.6,9 Chinese salvia assists in blood flow by regulating clotting.

Mulberry is packed with powerful antioxidant and anti-inflammatory compounds; and salvia has heart-protecting properties.8-10

Breathe Easy with Clinically Proven Lung Support Formula

With so much information showing the effects that lung function can have on health and aging, the need for good lung nutrition has never been more obvious. Protecting your lung capacity not only supports brain health, it also affects the overall rate at which you age.

Lung Support Formula is a comprehensive lung support supplement. With its amazing blend of 16 highly valued TCM compounds, vitamins, and minerals, it has been clinically proven to support lung and respiratory health, help support lung functions, and address the strength of the spleen, kidneys, heart, and liver. Using it regularly will help you continue to savor every breath you take. 

References are available upon request.
Lung Support Formula

Support Lung Function and Respiratory Health

BENEFITS
✓ Proprietary blend of 12 active Traditional Chinese and Western herbal ingredients
✓ Supports respiratory health
✓ Addresses the strength of the spleen, kidneys, heart, and liver
✓ Helps support lung function

Supplement Facts

Serving Size 1 Capsule / Servings Per Container 60

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<tr>
<td>Vitamin A (as retinyl palmitate)</td>
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<tr>
<td>Vitamin C (as ascorbic acid)</td>
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<tr>
<td>Magnesium (as magnesium aspartate)</td>
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<td>Proprietary blend: *</td>
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  - Asian ginseng (Panax Ginseng), Astragalus (Astragalus membranaceus), Ophiopogon (Ophiopogon japonicus), White mulberry (Morus alba), Cynanchum stauntonii, Cordyceps (Cordyceps sinensis), Apricot (Prunus armeniaca), Ginkgo (Ginkgo biloba, leaf), Forsythia (Forsythia suspensa), Chinese salvia (Salvia miltiorrhiza), Magnolia (Magnolia officinalis, leaf), Gekko gecko |

*Daily Value (DV) not established.

Shaun Dyler, N.D.

Quantity Count Code Price
1 Box 60 Capsules DC13A $34.99

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To order, call 1-888-586-4787 or visit www.usdoctorsclinical.com
SUPERCHARGE YOUR HEART HEALTH WITH OMEGA3Q10

Maintaining a balanced diet for your cardiovascular health can be difficult, but some help from specialized nutrients that target your heart can always be beneficial. Omega3Q10 delivers heart-healthy ingredients in the form of highly absorbable softgels; such as high-quality omega-3 fish oil, vitamin B6, vitamin E, folic acid, vitamin B12, and our potent Omega3Q10 complex which includes L-carnitine, CoQ10, and lycopene. The high concentration of both EPA and DHA of this clinically-proven formula are full of powerful antioxidants, while also supporting healthy lipid levels to promote a normal range of blood pressure. With 55% of concentrated fish oil in each dosage, Omega3Q10 truly sets its way apart from other supplements. Keep your heart healthy and fully functioning with these essential nutrients, all the while keeping out oxidation for a better quality of life.

BENEFITS
✓ A Supercharged Fish Oil Supplement for Optimal Heart Health
✓ Contains Specific Amino Acids for Overall Health
✓ The Highest Levels of DHA and EPA for Maximum Heart Support
✓ Clinically-Proven
✓ Gluten-Free

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These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
A blend of essential nutrients, vitamins, minerals, and extracts are the key to maintaining powerful bone support, joint health, and bone density. OsteoNourish's formula contains such ingredients that nourish the bone from within, promoting optimal bone health and giving your skeletal health a strong foundation. From calcium, to vitamin D, to magnesium, this doctor-recommended supplement encourages calcium absorption and maintains appropriate levels of phosphorous to keep bones fit and stable. All nutrients are carefully selected, helping maintain bone density. OsteoNourish's signature ingredient, OsteoGene, the US-patented extract, has been previously researched on its capabilities, supporting the bone from breaking down, and keeping bone density as a top priority by preventing them from becoming too weak or brittle. Keep yourself fit and healthy with OsteoNourish, and balance your bone and joint health to live life both fully and completely.

**Supplement Facts**

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<th>Nutrient</th>
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<td>OsteoNourish® proprietary blend</td>
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<tr>
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</table>

*Daily Value (DV) not established.

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An enlarged prostate is a common issue and many men will experience it, but they may not immediately recognize the symptoms. Those symptoms include difficulty urinating, a weak and/or slow urinary stream, frequent and urgent urination, and frequent nighttime urination. Most men believe these signs are due to aging and are something they just have to accept. While it is true that age is a factor, there are steps you can take to positively influence your prostate health. One method is through healthy supplementation with prostate-friendly nutrients, such as those found in Prostata®.

Multiple Factors Affect Prostate Health

The prostate is a walnut-sized gland that sits below the bladder. Its purpose in life is to produce semen, and, for the first half of your life, you are likely to be completely unaware of its existence. However, it continues to grow throughout life, and by middle age may begin to press upon the bladder and urethra, producing bladder discomfort and multiple urinary symptoms.

The newest information shows lifestyle choices, such as an unhealthy diet, sedentary lifestyle, and obesity also affect the prostate. Guidelines recommend a low-fat diet, at least 30 minutes of exercise daily, and maintaining a healthy weight. Another important step is to consult your physician about a PSA test, which can detect prostate issues.

Prostata® Supports the Prostate with Vital Nutrients

In addition to these guidelines, a number of prostate-targeting nutrients have been identified that can help strengthen your prostate-health regimen. The best—and easiest—way to get these compounds is through Prostata®, a clinically proven, prostate-support formula which has sold over 4 million units! Prostata®’s formulation of nature’s most powerful prostate phytonutrients has been shown in a double-blind, placebo-controlled study to produce decreases in urinary frequency and nighttime urination, and improved the sensation of bladder emptying after urination in 90 percent of men taking it. It’s one of the best formulas available anywhere!

All Areas of Prostate Health Targeted

A main reason for Prostata®’s success is the fact that it addresses every area of prostate health, including hormone balance, inflammation, cell growth, and oxidative tissue damage, all while promoting complete prostate nutrition. Each ingredient not only provides specific benefits, but also works in concert to complement and strengthen the actions of its fellow compounds.

Two of Prostata®’s nutrients, lycopene and saw palmetto, are perhaps the best-known prostate health compounds. Study after study has confirmed their nutritional benefits.

Lycopene, the primary carotenoid found in tomatoes,
Two of Prostata®’s nutrients, lycopene and saw palmetto, are perhaps the best-known prostate health compounds.

performs numerous beneficial actions. One of the most powerful antioxidants known, it was shown in a University of Illinois study to significantly diminish oxidative DNA damage in prostate tissue. The study’s researchers noted a surprising decrease in prostate-specific antigen (PSA), a marker of prostate health.2 Other studies show that lycopene has the ability to inhibit accelerated prostate cell growth by regulating growth factors and assisting in the production of cell-growth-modulating proteins.3

Saw palmetto also has this ability to modulate growth factors. Extensive research has demonstrated that it has the ability to help regulate prostate cell growth.4,5 The positive results of no less than 10 double-blind, placebo-controlled studies, have established this unique phytonutrient as first-line medical treatment for prostate health in Europe.5

While selenium may not be as well-known as lycopene and saw palmetto in prostate-health support, its reputation is growing. Studies show men with higher selenium blood levels had decreased risk of prostate growth.6 Even better, when selenium, saw palmetto, and lycopene are taken together, their combined actions are even stronger.5

A supplement containing only these three phytonutrients would be considered one of the best prostate health formulas available. They are just a fraction of the dynamic nutrients packed into Prostata®. In addition, you’ll find pumpkin seed oil, African pygeum, and nettle, a trio of powerful anti-inflammatories that target the prostate. All three, popular in Europe for use in prostate support, are known to help with prostate issues, such as bladder discomfort, urinary frequency, and incomplete bladder emptying.7-9

Vitamins, Minerals, and Amino Acids Complete the Formula

The vitamins, minerals, and amino acids that complete the Prostata® formula are vital not only to prostate support, but also to overall health. Zinc assists in hormone regulation, a factor in prostate issues. Low levels of zinc, in fact, are associated with prostate enlargement. Copper is included to provide the required balance with zinc.10 Vitamin E and B6, plus the amino acids L-alanine, L-glutamic acid, and L-glycine tone the prostate and support urinary health.

Common, But Not Inevitable

An enlarged prostate may be common with aging, but the symptoms—which you may now be able to identify—do not have to rule your life. Adopting a low-fat diet and exercise regimen in order to maintain a healthy weight can help support healthy aging and minimize the effects of prostate enlargement. It is also a good idea to consult your physician about a PSA test to help detect hidden prostate issues.

Prostata® will strengthen your efforts with the best-known prostate-health nutrients around, such as lycopene, saw palmetto, and other vitamins, minerals, and amino acids. This remarkable formula—shown in clinical testing to help with prostate issues in 90 percent of men—addresses all areas of prostate health such as oxidative cell damage, inflammation, and cell growth. With Prostata®, you can be sure you are doing everything you can to protect and nourish your prostate.

References are available upon request.

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A main reason for Prostata®’s success is the fact that it addresses every area of prostate health, including hormone balance, inflammation, cell growth, and oxidative tissue damage, all while providing complete prostate nutrition. Each ingredient not only provides specific benefits, but also works in concert to complement and strengthen the actions of its fellow compounds.

Clinically Proven Formula

A 3-month, clinical study showed that 90% of the people taking Prostata® experienced decreased urinary times, decreased nocturia (nighttime urination) and improved sensation of completely emptying their bladders after urination.

Supplement Facts

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<tr>
<td>Copper (as copper gluconate)</td>
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<td>Pumpkin seed (Cucurbita pepo, seed, 50% fatty acids), Nettle (Urtica dioica, root, 0.8% sterols), Saw palmetto (Serenoa repens, berry, 45% fatty acids), Lycopene (5%), Pygium (Pygium africanum, bark, 2.5% sitosterols)</td>
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<tr>
<td>Amino complex</td>
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<tr>
<td>L-alanine, L-glutamic acid, L-glycine</td>
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To order, call 1-888-586-4787 or visit www.usdoctorsclinical.com
Judging from the overwhelming number of products on the market, finding the Fountain of Youth is as much an obsession today as it was for Ponce de León. There's the nipping, the tucking, the pulling; procedures that melt fat; and ones to repair sun-damaged skin. The most popular and less invasive of these products are the antiaging, gravity-defying creams that help the appearance of aging skin, many that contain nutrients known for their aging benefits when applied topically.

With so many competing products and different claims, it's difficult to cut through the clutter! One thing that helps is to remember the fundamentals of good health: vitality and longevity begin on the inside.

**You Can’t Stop It, But You Can Slow Down the Aging Clock**

From the moment we’re born, we begin aging. It’s an ongoing process that continues inexorably on, making change after change to body and mind alike. Around the age of 30 is when you’ll start to notice those changes—crow’s feet around your eyes, skin a little less taut, the beginnings of laugh lines. And, with each passing decade these changes deepen and more appear.

While you can’t stop the aging clock, the good news is there are actions you can take to continue supporting a healthful appearance. First, practice safe sun exposure. Here’s an important fact you need to know: Whether you get it in from a tanning booth or direct sunlight, there is no such thing as a safe tan. The fact that your skin browns means it has sustained sun damage. Cumulative sun damage is a major cause of premature skin aging¹ and, even worse, chronic exposure can make changes to DNA that suppress immunity.² You should always use a high SPF sunscreen and reapply often. Another thing you can do is provide your body with adequate supplies of key nutrients to help protect your brain, bones, heart, and vitality from sun exposure and other aging factors.
Healthy Aging with Antioxidants

Most of the popular antiaging products available today tout the inclusion of vitamins and minerals well-known for their benefits to skin when applied topically. As the fundamental building blocks of good health, these nutrients benefit you from the inside out.

Some of the most important ones belong to the group of powerful compounds known as antioxidants; nutrients that fight free radical damage. Free radicals are unstable molecules that careen throughout the body, resulting in both internal and external cellular damage. They are caused by elements such as UV radiation from sunlight, pollution, poor nutrition, and smoking, to name a few.

The skin is especially vulnerable to oxidative damage from free radicals. Marauding free radicals attack the skin's structural support, damaging cells and resulting in the loss of elasticity, wrinkles, sagging, and brown age spots.

A number of antioxidants possess actions that are particularly valuable to healthy skin aging. Taken internally, where free radical damage occurs, these antioxidants support the body's natural repair system. According to experts at the Mount Sinai School of Medicine's Department of Dermatology, they encourage new cell growth and neutralize damaging free radicals. Knowing these specific nutrients can empower you to build a foundation for healthy aging internally and help you cut through the clutter to find the most beneficial aging products.

Holding the Winning Hand with the ACES

Some of the most exciting research in recent years has uncovered four nutrients that, when combined, pose a threat to skin-damaging free radicals. Vitamins A, C, and E, and the mineral selenium have been shown to have positive benefits essential for good skin care.

Vitamin A, a nutrient abundant in the skin where it supports suppleness, is a favorite in skin-care products. It is particularly susceptible to UV sunlight radiation, which depletes vitamin A from the skin.

With a long reputation as a vital nutrient, vitamin C also possesses considerable benefits to skin and aging. As a key component in the manufacture of collagen, the main building block of skin elasticity and firmness, vitamin C helps the skin repair itself.

E is for essential. That is, vitamin E is an essential element in every sense of the word. It is an element that your body cannot produce and can be obtained only through diet or supplements. One of the most powerful antioxidants, it zaps the free radicals responsible for premature aging.

Selenium is a trace element associated with tissue elasticity. Its antioxidant properties are reinforced when combined with vitamin E. Together these two powerhouses boost immunity, support heart health, and help protect healthy cells. Experts recommend daily doses of 400 international units of vitamin E and 100–200 micrograms of selenium for optimum benefits.

You Look Good When You Feel Good

You can nip and tuck until there's not a centimeter of loose skin anywhere, but if you feel old it will show in your outward appearance. That's why when navigating the sea of aging products, it's important to look for nutrients that, like the ACES, benefit both your inner and outer beauty.

You know calcium is important for strong bones, but do you know that teaming it with magnesium not only boosts its bone benefits, but also supports heart health, boosts HDL cholesterol levels, and supports healthy blood pressure levels?

Dimethylaminoethanol (DMAE) does double duty by supporting skin health and boosting brain power. L-glutathione supports cellular health by helping to block free radical formation. Zinc and riboflavin help boost immunity. Folic acid and vitamins B6 and B12 help boost energy and support heart health, while niacin helps normalize cholesterol levels.

In addition to possessing antiaging properties, St. John's wort is a proven mood lifter.

A simple and convenient way to ensure you're getting enough of the right nutrients is through the G.H.3. formula. This dynamic formulation contains 19 antiaging nutrients, including powerful antioxidants that fight oxidative damage internally and externally. With more than four million bottles sold, G.H.3. has been clinically proven to boost vitality, hone thinking, and support heart and bone health.

Youthful Inside and Out

Nature has provided a number of powerful compounds that are clinically shown to help your outward appearance. Many do double duty by enhancing your youthful appearance and supporting healthy aging where it counts most—on the inside.

Knowing these nutrients will help you cut through the clutter and find the product that provides you with the maximum benefits.

References are available upon request.

Tips for Slowing Down the Aging Clock

• Eat a well-balanced diet
• Exercise regularly
• Stay well-hydrated
• Wear protective clothing in the sun
• Always use sunscreen on exposed skin
• Get plenty of sleep
• Choose an antiwrinkle cream that contain vital antioxidants
• Most importantly, nourish your body with ample amounts of healthy aging antioxidants
The Premier Antioxidant Formula for Youthful Energy and Vitality

Everyone gets older, but you can still support mental clarity and energy with the help of antioxidants, amino acids, and herbal extracts that protect your cells and promote vitality. G.H.3. contains a clinically proven blend of 19 nutrients for mind and body that can help you recapture the invigorating energy of youth. Feel the difference that a renewed sense of energy can make.

**BENEFITS**

✓ Contains 19 premier antiaging vitality nutrients for mind and body
✓ Enhances mood, thinking and supports a healthy heart
✓ DMAE (dimethylaminoethanol) helps build and repair cell membranes, and helps improve memory and alertness
✓ Contains other vital amino acids and nutrients such as PABA, glutathione, and pyridoxine that help support healthy aging

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**Supplement Facts**

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<th>Nutrient</th>
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<td>G.H.3. complex</td>
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St. John’s wort (Hypericum perforatum), DMAE (dimethylaminoethanol bitartrate), PABA (para-aminobenzoic acid), Ginkgo (Ginkgo biloba leaf), L-glutathione

*Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value (DV) not established.

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As we age, most of us will find ourselves experiencing times when we feel as if our brains have become fuzzy around the edges. It can be difficult to distinguish these signs of a simple brain fog from symptoms of a more complex brain-health issue.

What you may not know, or maybe you’ve forgotten it, is that your brain is a lot like your body—fitness is vital to keep it working at peak capacity. And just like your body, the keys to keeping your brain fit are getting regular exercise and ensuring proper nutrition.

**Mental Activity Sharpens Mental Acuity**

Experts once believed that the brain was a static organ; that it didn’t grow or change much—except to get smaller and less efficient—throughout life. Fortunately, research in recent years has dispelled that belief.

Today we know the brain is far from static. When kept active, it can grow and change throughout life via a process known as neuroplasticity. This process occurs in response to mental stimulation—adapting to a new environment, developing new skills, learning new things. When stimulated, the brain is able to remap brain cells, grow new communication pathways, and rearrange existing neurons to encompass the new knowledge (Happy Neuron Blog 2010). Cognitive function and memory are honed.

The best part of keeping your mind sharp by keeping it active is that it’s not complicated. You can make it fun with endless possibilities. Maybe you’ve always wanted to learn how to dance the Salsa, join a book discussion group, or learn a new language. The more you do, the more agile your mind becomes.

**Food for Thought**

Keeping your brain well-nourished is just as important as keeping it busy. Many experts advise, in fact, that much of the cognitive and memory issues associated with aging may be a result of poor nutrition and an unhealthy lifestyle. Maintaining overall good nutrition and breaking bad habits can help support cognitive function.
In addition, research has uncovered a number of specific compounds that are essential for healthy brain function. Deficiencies in some of these vital compounds can result in problems such as brain fog, fatigue, fuzzy thinking, confusion, poor memory, problem-solving difficulties, and an out-of-sorts feeling. When added to a healthy regimen, studies have shown that they can positively benefit mental function.

B is for Brainy

The B-complex vitamins B12 and B6 rank among the most important brain function nutrients, with ongoing studies confirming their benefits to cognitive function. Several studies have found that low levels of this micronutrient are associated with slower cognitive function and smaller brain volume in older individuals. Even more interesting is the finding that vitamin B12 deficiency is widespread, especially among the aging population (Mercola.com 2012).

Adequate levels of B6 are important for several reasons—a main one being that it is necessary for B12 absorption. In addition, it helps the body make the neurotransmitters, serotonin and norepinephrine, which are brain chemicals that carry signals from one cell to another (UMM.edu 2013). Both vitamins help keep red blood cells healthy, supporting healthy circulation to the brain.

Cognitive Compounds

Nourishing your brain with healthy levels of vitamins is important, but you can go a step further to ensure you’re doing all you can to boost brain power and offset the effects of aging by adding some well-known cognitive compounds to your regimen.

One of the most important brain chemicals is acetylcholine, also known as “the memory and mental sharpness neurotransmitter.” Acetylcholine enhances the activity of cortical neurons, which, in turn, is believed to promote memory and learning. Having adequate levels of this compound cannot be overstressed (BU.edu 2013).

Phosphatidylserine (PS) is a valuable cognitive compound because it helps cells metabolize glucose, an essential element in the conversion of neurotransmitters. Through this ability, PS helps support the production of acetylcholine. It also enhances the production of dopamine, a neurotransmitter that influences mood and well-being (NaturalNews.com 2006).

Another important compound is huperzine-A, derived from a type of moss. As a cholinesterase inhibitor, huperzine-A helps slow the breakdown of acetylcholine, keeping it in the brain cells longer. Studies have shown that it enhances memory, learning, and cognitive function (Wong 2013).

Keeping the Blood Flowing

Circulation is also a major factor in cognitive function. Healthy blood flow delivers nutrients and oxygen to brain cells. That’s where vinpocetine comes in. Derived from the periwinkle plant, vinpocetine has been shown to assist blood flow to the brain. This increased circulation supports memory and mental sharpness. It also has a protective effect on brain cells (Valkovics 2007).

Modern studies have shown the many benefits of the ancient compound Ginkgo biloba. The ability to dilate capillaries and blood vessels is thought to be the reason for ginkgo’s positive effects on memory and mental function (Nutraceutical.com 2013).

The Fog Is Breaking

The secret to keeping your brain sharp is proper nourishment and plenty of mental activity. Challenging yourself to grow and learn, coupled with powerful cognitive-support nutrients, such as the B vitamins, phosphatidylserine, vinpocetine, huperzine-A, and ginkgo, can help support a healthy brain and cognitive function throughout life.

References


References not listed above are available upon request.
Keep Your Mind Sharp With Help From

BrainPower Advanced

Your brain requires healthy circulation just as much as the rest of your body in order to help you stay mentally alert. BrainPower Advanced supports healthy blood flow in the brain and promotes cognitive function with essential B-complex vitamins, Ginkgo, Huperzine-A, and Phosphatidylserine. The clinically proven formula supports memory, alertness and promotes brain health.

Nourishing your brain with vitamins and nutrients.

**BENEFITS**
✓ Supports memory and mental alertness
✓ Supports healthy brain function
✓ Promotes healthy circulation, and the absorption of oxygen and key nutrients for cognitive function
✓ Clinically proven formula

**Supplement Facts**

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*Percent Daily Values (DV) are based on a 2,000 calorie diet.
**Daily Value (DV) not established.

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LOOK GOOD, FEEL GREAT, AND LOVE YOUR IMAGE WITH SLIMX COMPLETE

SlimX Complete is a new-and-improved formula that combines all the latest trending weight management nutrients together into the ultimate supplement. By providing a variety of ingredients, SlimX Complete is able to approach healthy weight management from all angles.

**BENEFITS**

✓ Multiple, Clinically Tested Ingredients That Target Weight Management
✓ Stimulates Fat Burning and a Leaner, Trimmer Body Mass
✓ Helps Reduce Waist Circumference and May Promote a Healthier Heart, Cholesterol and Blood Sugar Levels
✓ Promotes Satiety to Help You Feel Fuller After Meals and Curb Food Cravings

**Achieve Your Weight Management Goals!**

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THE LINK BETWEEN CHOLESTEROL AND BLOOD SUGAR

New studies are pointing to the dangerous combination of having unhealthy cholesterol levels and high blood sugar.

If you find yourself reaching for breads, pastries, and other sugary snacks more often than you should, you need to know about the importance of supporting balanced blood glucose levels as well as blood lipids. Every time you consume a carbohydrate—such as a bag of chips, slice of bread, plate of pasta, or can of soda—your digestive system converts it into glucose, a simple sugar, which is released into the bloodstream. In response, your body releases large amounts of insulin, which accelerates the conversion of calories to fat.

The more carbohydrates you ingest the more insulin your body pumps out to deal with all the extra blood sugar. If your diet is top-heavy with refined carbs and low in fiber, eventually your body will be overwhelmed by the amount of insulin running through it. Your body will then become sluggish in response to the substance, and you’ll develop insulin resistance.

The Link Between Blood Sugar and Cholesterol Health

Although it isn’t exactly clear how high blood sugar impacts cholesterol levels at the cellular level, researchers know that elevated insulin negatively impacts the number of cholesterol particles in the blood. High insulin levels raise LDL (bad cholesterol) levels, which contribute to plaques in the arteries. Conversely, high insulin levels reduce HDL (good cholesterol) levels.

Approximately one in four adults have trouble with glucose regulation after a meal (also called postprandial glucose). In large observational studies, patients who had higher blood glucose levels two hours after their last meal also tended to have higher cholesterol and triglycerides, when compared to patients who had normal blood glucose levels after eating.1

Individuals with high blood sugar usually have elevated triglycerides, decreased HDL, and increased LDL levels. Researchers have found that the plaques that form in the arteries of people with high blood sugar contain more fat, which can affect circulatory health.

The Role of HDL Cholesterol

HDL cholesterol scrubs the walls of your blood vessels and gets rid of excess cholesterol. The excess cholesterol that might have produced the plaques is sent back to the liver for processing.

So when we measure a person’s HDL cholesterol level, we seem to be measuring how vigorously his or her blood vessels are being “scrubbed” free of cholesterol.

How to Raise Your HDL Levels

- Maintain a healthy weight
- Eat a nutrient-rich diet
- Strive to get at least 30 grams of fiber each day; it reduces the rise of glucose and insulin after a meal
- Avoid trans fats
- Do not smoke
- Exercise regularly
- Include CitriCholess® in your health regimen
What Is CitriCholess®?

CitriCholess® is an all-natural cholesterol support supplement containing a clinically tested extract of Citrus bergamot. Citrus bergamot is a superfruit that looks like a lemon, but its benefits are extraordinary.

Grown in a small region on the southern coast of Calabria, Italy, bergamot is what gives Earl Grey tea its distinctive flavor. A patented extract of bergamot called Bergamonte™† has recently been clinically tested to help lower cholesterol. Patients who took Bergamonte™ for 30 days showed a reduction in total cholesterol, LDL cholesterol, triglycerides and blood glucose. They also showed an elevation in HDL.

Although researchers are still studying the mechanisms of how Bergamonte™ works, they were amazed to discover that the natural fruit extract produces results similar to that of cholesterol-reducing drugs, but without the side effects.2 The participants also showed an average weight loss of four pounds a month.

The lead researcher, Vincenzo Mollace, Ph.D., M.D., professor at the University Magna Graecia, Catanzaro, Italy, was encouraged by the results. “In four weeks, we saw a significant reduction in total cholesterol, LDL, and triglycerides among these dyslipidemic patients who had elevated cholesterol levels. In addition, we are seeing a significant increase in HDL, the good cholesterol, and reduction in blood glucose as well,” he said.3

While the clinical results of Bergamonte™ are astounding, CitriCholess® is more than just Bergamonte™. This all-natural formula also contains Vegapure®†† plant sterols that have been clinically documented to reduce the absorption of animal fats by blocking cholesterol receptors in your digestive tract.

Folic acid, vitamin B6, and B12 help lower levels of an amino acid called homocysteine. High homocysteine levels can lead to inflammation, which can be an even stronger indicator of the state of your heart health than high cholesterol levels.

Finally, there’s Citrus sinensis, which is a potent source of the compound D-limonene. This compound is able to break down and dissolve cholesterol in the digestive system to help clear up blood flow to your arteries.

CitriCholess® Helps:
✓ Reduce LDL cholesterol
✓ Reduce triglycerides
✓ Increase HDL
✓ Reduce blood glucose

The big difference between taking CitriCholess® and cholesterol-lowering medications is there are no dangerous side effects associated with CitriCholess®.

Lower Cholesterol Without the Risks

The prognosis of patients with high blood sugar is highly dependent on the state of a person’s heart health... and that is dependent on blood lipid factors. High HDL levels can protect your body from forming plaques that break off and block circulation. The good news is that researchers have discovered the amazing benefits of CitriCholess® and how it provides cholesterol-lowering benefits—without side effects—in lowering LDL and triglycerides, and raising HDL to help you manage healthy cholesterol levels within normal range. ☺

References are available upon request.

† Bergamonte is a trademark of HP Ingredients.
††Vegapure® is a registered trademark of BASF.

Fiber intake also benefits cholesterol health. Increase fiber in your diet by eating:

- Whole grains
- Vegetables
- Legumes: lentils, beans and peas
- Nuts and seeds
CitriCholess®

Increases good HDL, lowers LDL and triglycerides, promoting healthy cholesterol levels.

**BENEFITS**

✓ Supports cholesterol levels
✓ Bergamonte™ (Bergamot extract) is clinically proven to help lower cholesterol levels within normal range
✓ Vegapure® plant sterols have been clinically shown to block cholesterol receptors in the digestive tract
✓ Plus orange oil, Vitamin C, Vitamin B6, Vitamin B12, and Folic acid

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**Supplement Facts**

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<td>Vitamin B12 (as methylcobalamin)</td>
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<td>CitriCholess® Blend</td>
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<td>Vegapure®† (sterol esters), Orange oil (Citrus sinensis, 90% D-limonene)</td>
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<tr>
<td>Bergamonte™†† (Citrus bergamia Risso, extract, 25% bioflavonoids)</td>
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* Daily Value (DV) not established.
† Vegapure® is a registered trademark of BASF.
†† Bergamonte is a trademark of HP Ingredients.

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U.S. Doctors’ Clinical® is excited to announce the introduction of Vegetarian Softgels to our diverse product line. These 100% vegetarian softgels offer absorbability that is on par with traditional softgels but contain absolutely no animal by-products, making them suitable for all dietary preferences or restrictions. With a dedication to plant-based nutrition, we can provide a viable alternative to traditional gelatin softgels, delivering the same high quality and nutritive benefits.

Vegetarian Softgels deliver the same premium quality and potent health benefits consumers have come to expect from all U.S. Doctors’ Clinical® formulations. All-new Vegetarian Softgels are backed by our board of advisory doctors, and are made by a certified manufacturer in state-of-the-art FDA-registered and cGMP-certified facilities in the USA.

Our vegetarian softgels display a wealth of advantages when it comes to health and compliance.

✓ Fully compliant with vegetarian/vegan diet restrictions
✓ Vegan, Non-animal sources, Non-GMO, Gluten-Free
✓ Vegetarian-gelatin is derived derived from carrageenan, (red seaweed) an FDA-approved food stabilizer that is safe, sustainable, and carries no risk of animal-transmitted diseases
✓ Retains the high absorbability of traditional softgels
✓ Appeals to a wide range of consumers globally
We’ve designed new formulas for our vegetarian softgel line, all doctor-recommended for positive health attributes and beneficial nutrients for well-being.

**Biotin**
Biotin, or vitamin H, is part of the B complex group of vitamins that help convert food into usable energy. Biotin regulates metabolism, breaking down carbohydrates and amino acids into blood sugar. Biotin can also raise keratin levels—a structural protein—to build stronger nails, healthier skin, and sleeker hair. Our formula, encapsulated in premium vegetarian softgels, can contribute to overall natural health.

**CLA**
An omega-6 fatty acid that provides support for lean mass to body fat ratio and overall weight management. Our CLA formulation can enhance muscle growth, and provide beneficial antioxidant protection to the cells. Immune system is strengthened, along with proper metabolic rate. It can promote fat reduction when used in conjunction with a healthy diet and daily exercise.

**Coconut Oil**
The saturated fats of coconut oil are the richest source of Medium Chain Triglycerides (MCTs). These fats can be processed by the body for energy, aiding in fat reduction and weight management support. Coconut oil is also a potent antioxidant that can defend against free-radical aggressors that target the skin. Our coconut oil supplement is a beneficial product that can hydrate the skin, promote energy, as well as support the immune system for total comprehensive health.

**CoQ10**
CoQ10 is a vital nutrient that decreases from our bodies as we age. Its antioxidant properties are varied, protecting the heart, brain, and immune health for proper functioning. CoQ10 stimulates energy production in the cells, helping process adenosine triphosphate (ATP) into within the mitochondria and then releasing it into the bloodstream to transport to vital organs. CoQ10 can relieve oxidative stress on the cells and promote cellular reproduction for a stronger immune system.

**Vitamin E**
Vitamin E is a fat-soluble antioxidant that strengthens the cells against free-radical aggressors and improve defenses of the immune system. It can provide healthy heart support, as well as cholesterol reduction. Vitamin E can also greatly affect eyesight, keeping eye tissue healthy and helping limit macular degeneration.

**Flaxseed Oil**
Flaxseed oil contains 50% of the valued omega-3 fatty acid nutrient in its content. It is one of the richest plant-based sources of alpha-linoleic acid (ALA), also containing high dietary fiber content and potassium. Fatty acids are converted in the body into eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), which are used for strengthening tissue and cartilage structure. Our flaxseed oil product, developed with 100% vegetarian softgels, can provide valued support for cardiovascular, joint, and cognitive health.

**Multivitamin**
Formulated with over 20 essential vitamins and minerals for overall health, our multivitamin delivers key potent nutrients in one convenient daily dosage, which include vitamin C, folic acid, calcium, vitamin A, biotin, and more. Health benefits range across numerous areas; antioxidant protection, cardiovascular support, immune support, cognitive health, digestive health, and energy promotion. Our multivitamin also contains Lutemax 2020, a combination of antioxidants, lutein and zeaxanthin, that maintain proper visual health by reducing oxidative damage in the macular tissue.
**Antioxidant & Vitality**

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**Cholesterol Support**

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### Circulatory Health

**Blood Pressure Vitality**  
60 Capsules  
1 Box  DC20A  $ 34.99  

**Glucovita**  
90 Capsules  
1 Box  DC06A  $ 34.99  

### Digestive Health

**Colonvita® Advanced**  
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**Probiotic-6®**  
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### Eye Health

**Ocu-Max**  
60 Capsules  
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### Immune Health

**Fucoidan Defense**  
120 Capsules  
1 Box  DC128A  $ 34.99  

**Immunespur**  
60 Veggie Softgels  
1 Box  DC127A  $ 34.99  

### Lung Health

**Lung Support Formula**  
60 Capsules  
1 Box  DC13A  $ 34.99  

### Memory Support

**Brainpower Advanced**  
60 Capsules  
1 Box  DC29A  $ 34.99  

**Neurosur**  
60 Capsules  
1 Box  DC130A  $ 34.99  

### Men’s Health

**Prostata®**  
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1 Box  DC08A  $ 34.99  

### Skin & Beauty

**Hair Nourishment**  
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### Sleep Aid

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60 Capsules  
1 Box  DC05A  $ 34.99  

### Stress Management

**NeutraStress**  
60 Capsules  
1 Box  DC22A  $ 34.99  

### Weight Management

**Slimx Complete**  
60 Capsules  
1 Box  DC35A  $ 34.99  

### Women’s Health

**Menopausal Support**  
60 Softgels  
1 Box  DC16A  $ 34.99  

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   Santa Ana, CA 92704

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☐ Ms.  ☐ Mrs.  ☐ Mr.

Birthday: _____/_____/_____(Month/Day/Year)

Card No. ________________________ Exp. Date ____________

Signature (if charging) ______________________

Payment Enclosed (do not send cash): $ ______ (U.S. dollars)

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2781 W. MacArthur Blvd. Ste. B-363 Santa Ana, CA 92704

Prices are subject to change without notice. If prices change, the customer will be given the opportunity to accept or reject the product at the new price.

†Shipping & Handling for deliveries to AK, AS, GU, HI, MH, PR & VI: $13.50

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Your Health and Vitality is Our Priority

U.S. Doctors’ Clinical® is dedicated to providing customers our top-of-the-line formulas that have been developed to withstand the rigors of human clinical trials. Our products, containing high-quality nutrients that deliver the most potent benefits for your health, are backed by our 40 plus Advisory Board Certified Doctors.

All U.S. Doctors’ Clinical® products are made with premium-sourced ingredients to ensure that you are getting maximum purity and effectiveness. Every nutritional supplement is optimized to provide you the greatest health benefits possible. From ingredient selection to how they’re delivered to your system—via our highly absorbable softgels, tablets, or capsules—you can trust that we have your best interests at heart.

Our Quality Certified Manufacturer

All products by U.S. Doctors’ Clinical® are developed by a quality certified manufacturer based in the USA. They employ the latest in supplement technology for safe and potent nutritional supplements. With over 20 years of supplement manufacturing experience, our manufacturer holds state-of-the-art facilities that are FDA-registered, and utilizes advanced equipment and technology for production.

Purity, potency, and safety are routinely assessed through our manufacturer’s strict standards. All processes from ingredient sourcing to stability testing are handled with the utmost care and dedication. They provide vitamins and minerals in a variety of delivery forms, including softgels, tablets, capsules, and powders. They also offer one of the shortest lead times in the nutritional supplement industry. All products are developed in cGMP-certified facilities that are compliant with several third-party organizations, including NPA, NSF, and UL.

When you see the U.S. Doctors’ Clinical® logo, it isn’t just a brand name—it’s a guarantee that you’re getting one of the best formulas available.

“Put Your Health in Our Hands”

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
**Supplement Facts**

**Serving Size**: 2 Veggie Capsules / Servings Per Container 30

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount Per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin C (as ascorbic acid)</td>
<td>140 mg</td>
<td>234%</td>
</tr>
<tr>
<td>AR7 Blend</td>
<td></td>
<td>*</td>
</tr>
<tr>
<td>Collagen (from chicken)**, Cetyl myristoleate (CMO), Lipase 30, Methylsulfonylmethane (MSM), Turmeric (Curcuma longa extract, root, 95% curcumin), Bromelain 2400 GDU (from pineapple).</td>
<td>1170 mg</td>
<td>*</td>
</tr>
<tr>
<td>Hyaluronic acid (as sodium hyaluronate)</td>
<td>100 mg</td>
<td>*</td>
</tr>
</tbody>
</table>

* Daily Value (DV) not established.  **Not a significant source of Collagen Type II.

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