

4 nationally renowned PhD and MD anti-aging specialists reveal...

Why some men and women look and feel “old” at 50, while others are healthy, fit, and spry well into their 90s—and beyond!

Now you can live to a ripe old age... sound in mind and body, vibrant with good health and energy... *without* being sucked into a never-ending cycle of frailty, pain, drugs, surgery, and illness leading to an early grave.

In this Special Report, you will discover:

- Your body is genetically “programmed” to self-destruct after age 50. Here’s how to foil the 7 “age erasers” that can cause you to sicken and die prematurely. Page 6.
- 100% natural “brain booster” helps prevent “senior moments,” stave off memory loss . . . and keep your mind sharp as a tack. Page 28.
- Pack on lean muscle, and shed excess pounds, with this 5-step weight control system. Takes just a few minutes a day, and you don’t need to visit a gym. Page 20.
- Prevent cellular damage to the genes in your DNA that actually lengthen your life span. If they fail, you age faster. Page 10.
- The secret to healthy, smooth, wrinkle-free skin. Puts plastic surgeons out of work! Page 20.
- Throw away your Viagra: 3 ways to increase sex drive and performance—without prescription drugs, surgery, or “devices.” Page 16.



**Claim your 4 FREE GIFTS Inside—
See Page 14...**

“When I was in my 20s, both my parents died—and I feared that I would follow in their footsteps to an early grave....”



Dear Reader:

When I was 28, my mother—who'd been the picture of health for most of her five-plus decades—began looking ill and jaundiced.

When she visited her doctor, he sent her to the hospital for some tests. The results showed she had liver cancer. Still in her 50s, she was dead 5 months later.

Within a year, dad followed mom—dying of heart disease at the too-early age of 64.

As an only child, the death of both of my parents left me pretty much alone in the world... and badly shaken.

Naturally, I was concerned about my future—and my health.

I began an intensive program of self-education... spending a small fortune to take courses, read books and journals, even attend medical conferences intended mainly for doctors.

Anti-aging and longevity science became an obsession with me. So much so that I decided to make helping people avoid pain, illness, mental and physical decline, and early death my life's work.

To attain this goal, I founded Biocentric Health (BCH), an R&D company focusing on anti-aging and complementary medicine.

Recently, we conducted a massive multi-year review of the medical literature on how to avoid age-related illness and premature death.

The result: **a new anti-aging treatment protocol** that can enable you to live longer... feel younger... and have more energy, mobility, and better health, all outlined in this special issue of the *Longevity Bulletin*.

After reading this report, you will know:

...how and why we age.

...the “longevity gene” that can keep your cells young and healthy.

...steps you can take to sharpen your mind and memory.

...what's causing declining testosterone levels in American males... and what you do about it starting today.

...easy ways to improve blood pressure-cholesterol-blood sugar levels.

...how to maintain muscle mass... and bone density... without weight gain.

...boost your energy—and libido—by replenishing lost hormones.

...foods that help reduce your risk of heart attack, stroke, and cancer.

Continued on page 11...

New clinical research reveals a new anti-aging protocol that can help you stay younger, longer—without prescription drugs, injections, or surgery...

Why some men and women look and feel “old” at 50... while others are healthy, fit, and spry well into their 90s—and beyond!

Today, growing older doesn't have to mean feeling or looking old!

Now you can live to a ripe old age... sound in mind and body, vibrant with good health and energy... *without* being sucked into a never-ending cycle of frailty, pain, drugs, surgery, and illness leading to an early grave.



By Dr. Richard Staack, Ph.D.

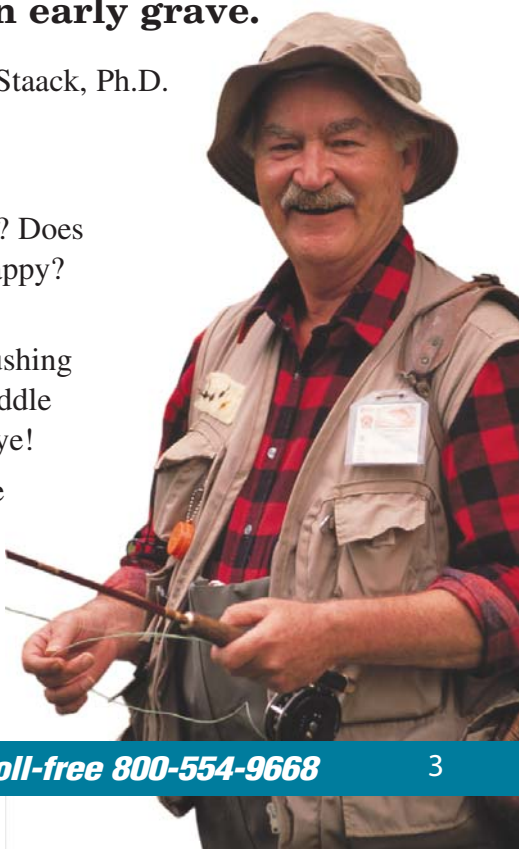
How do you feel about getting older? Does each passing birthday make you happy? Bitter? Depressed? Frightened?

The years—and then the decades—go rushing by, speeding our journey from youth, to middle age, to our senior years in the blink of an eye!

Now, I don't know about you. But I hate the idea of old age.

Not of living longer... we all want that... but of being sucked into a never-ending cycle of doctor visits, frailty, pain, drugs,

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When the advisory panel got moved deeper and the letter got shortened, I was able to combine them on page 11. That freed this page up completely. Is there another sidebar available that would take up this page?

surgery, and illness.

You know what I mean....

Everything from sagging skin and wrinkles... fading vision... memory loss... arthritis... cancer... high blood pressure... heart attack... stroke... obesity... diabetes... fatigue... loss of muscle mass and bone density. You name it.

Like you, I love living. And I love being healthy, energetic, and free of pain and disease.

As a scientist specializing in the genetic causes of aging and disease, I'm acutely aware of how aging can—either gradually and slowly... or suddenly and unexpectedly—cause us to get sick, and even die at a too-early age.

All you have to do is look around you, as I have, to know how quickly—and severely—aging can take its toll:

- A few years, JL, a guy in his mid-40s, was playing basketball when he began to experience shortness of breath. Minutes later, JL dropped dead right on the court of a massive heart attack, leaving behind a wife and young children.
- MS and JS are brothers, so ostensibly, they have the same genes. MS is 87 but looks 70, plays tennis 3 times a week, and rides a bicycle around town. His “kid” brother, JS, is 83—has had diabetes, vision and hearing loss, a failing heart, colon problems, and suffered a series of mini-strokes.
- MB was the perfect picture of

health until her stroke this year. Now she's blind in one eye... and may never get her sight back.

- One day, SD's husband suddenly couldn't remember her name. Or his. Within a year, he was committed to a long-term care facility, suffering severe Alzheimer's. Last month, he died, not knowing who or where he was. To cap it all off, the doctors just told SD she has terminal cancer.

Obviously, we don't all age in the same way.

“Why do some people age faster, and more severely, than others?” A few years ago, my colleagues (see page XX) and I began an investigation on why we age... and what—if anything—we can do about it.

Our findings—contained in this special report—can help you slow, halt, and in some cases even reverse the ravages of aging... enabling you to live a long and healthy life.

Defense yourself against these “age accelerators”

We're all getting older—and feeling it... in our bones, our muscles, our minds, our hearts, and—it seems some days—just about everywhere else!

One reason why we suffer more aches and pains as we age is the way evolution—and Mother Nature—designed human biology.

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To order, or for more information call toll-free 800-554-9668

The fact is, our bodies are literally programmed to decline with age... through numerous genetic, physiological, and biochemical factors my colleagues and I have dubbed the “age accelerators.”

As we get on in years, these age accelerators become active—and begin speeding up the aging process—and:

■ Testosterone and other hormone levels plummet—and with

them, your energy, sexual vitality, even your health.

■ Free radicals damage and destroy your cells... causing rapid, premature aging.

■ Your arteries fill with plaque... blood thickens and becomes more difficult to pump... heart valves begin to malfunction.

■ Your cells begin to grow out of control, and you get cancer.

Protect yourself against the 7 “age to make you old before your time—

Doctors have long been familiar with the handful of genetic, biochemical, and physiological “age accelerators” responsible for speeding up the rate at which our organs, skins, bones, and mental acuity decline.

Many of these life-robbing processes age us by attacking our cells. Cells, after all, are the building blocks of life.

When your cells are healthy, you’re healthy. When your cells stay young by dividing and reproducing, everything in your body made of cells—from your organs to your skin—also stays young.

But your cells are vulnerable. Toxins... disease... radiation... UV rays... all can damage and kill cells—compromising your health. Not to mention just plain getting older!

By slowing, halting, or even reversing these 7 age accelerators, our new “Rejuverin” anti-aging protocol can help you extend cell life—achieve optimal health—and look and feel years younger than you really are:

■ **Age Accelerator #1: Premature cell death...** scientists have identified

specific genes that prevent your cells from aging prematurely. Unfortunately, these genes often fail to “fire up”—and when that happens, you age faster.

■ **Age Accelerator #2: Plummeting hormone levels...** as we age, levels of estrogen, testosterone, human growth hormone, insulin growth factor, and other vital hormones and enzymes drop precariously. The bioactive agents in our protocol can restore many hormone concentrations to youthful levels—and stave off the aging process.

■ **Age Accelerator #3: Free radical attack...** you’ve probably read about “free radicals,” rogue oxygen molecules that attack and damage your cells. Now, nutrients with antioxidants potent enough to neutralize free radicals can halt destructive free radicals in their tracks, extending cell life.

■ **Age Accelerator #4: Skin damage...** we literally live on a toxic planet: unchecked and unfiltered, our sun’s intense ultraviolet rays can do violent—and permanent—damage to our skin, even causing fatal cancers. And with depletion of the ozone layer,

■ Neurons and dendrites in your brain decay—and you get Alzheimer's.

■ Your vision fades—you can't drive at night any more—you get cataracts or glaucoma.

Once, it was believed that declining health, frailty, and illness were an inevitable part of getting older.

But now, thanks to a raft of anti-aging research studies... conducted

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"Experts now agree that 70% of longevity is determined by your lifestyle and 30% by your genes."



—Dr. Sanjay Gupta,
CNN Chief Medical
Correspondent

accelerators" threatening even kill you!

the natural protection against UV rays our atmosphere once provided is diminishing by the year.

■ **Age Accelerator #5: Shrinking gray matter...** brain weight and volume decrease with age... the branch-like dendrites that extend from the neurons begin to decay... clusters of damaged or dying neurons form "brain plaque," a possible contributor to Alzheimer's.

■ **Age Accelerator #6: Hardening arteries...** blood becomes thicker and more difficult for the heart to pump... hemoglobin levels decline, causing fatigue... the aorta and other arteries become thicker and less flexible, raising blood pressure... heart muscles degenerate and the valves inside the heart become less flexible.

■ **Age Accelerator #7: Sexual desire and performance fading fast...** declining hormone levels, lack of blood flow, fatigue, stress, and other factors can destroy your desire—and ability—to enjoy a healthy and active sex life.

Is it inevitable that these 7 organic processes invariably trigger a rapid plunge into illness, senility, and physical frailty—and even death?

Once, perhaps. But no longer. For now you can defeat these 7 deadly age accelerators—with ease. To get started, turn to page XX now.

To use the Biocentric Health team's new "anti-aging protocol" to help you live longer and healthier absolutely risk-FREE, complete and mail the form on page 35 now...

Are you a victim of “Age Acceleration”?



Do you have any of these early warning signs of premature aging?

Place a check mark next to ALL that apply...

☐ **AGING SKIN**—look in the mirror. Do you see wrinkles... bags under your eyes... drooping, loose skin... liver spots... an unhealthy complexion?

☐ **THINNING HAIR**—more and more hair comes out when you brush or comb... your hair is thinning rapidly, and turning grayer—or whiter—with each passing year.

☐ **WEIGHT GAIN**—thunder thighs... love handles... big butt... pot belly... turkey neck... no matter how much you diet and exercise, you seem to get heavier—and if you diet to take weight off, it doesn't stay off.

☐ **LACK OF ENERGY**—you're sick and tired of feeling sick and tired... of not having the energy and vitality you had 20, 10, or even just 5 years ago... and not getting a good night's sleep.

☐ **MEMORY PROBLEMS**—you're having more “senior moments”—forgetting where

you put your car keys... and your mind is not as sharp and quick as it once was.

☐ **FADING VISION**—you hold newspapers and books at arm's length just to make out the print... your eye doctor is recommending a stronger prescription—and more frequent check-ups for cataracts and glaucoma.

☐ **JOINT ACHES AND PAINS**—you're losing flexibility and mobility... bending, reaching, and lifting are increasingly difficult... aches and pains are becoming constant companions.

☐ **HIGH BLOOD PRESSURE... HIGH CHOLESTEROL... HIGH BLOOD SUGAR LEVELS...** the numbers for BP, cholesterol, and triglycerides are always high... your doctor is nagging you to stay away from meat, cheese, cake, pie, and other delicious foods you love—and it's making you miserable.

If you checked three or more of the above, you're getting too old, too fast—and not living the healthy, energetic life you could be.

Fortunately, now there's something you can do about it—without plastic surgery, prescription drugs, or costly doctor visits. Turn to page XX to get it now!

*"We're constantly disproving
the idea of the older you get,
the sicker you get."*



—Dr. Thomas Perls, Director
New England Centenarian Study,
Harvard Medical School



Continued from page 7.

at top institutions—

Yale Department of Psychology...
Milliken Laboratories at Rockefeller
University... University of California
at San Francisco... Columbia
University... University of Texas
Health Science Center...

There's new hope today for men
and women over 40 who want to
stay young, fit, and disease-free....

No anti-aging miracles, but....

Since Ponce DeLeon searched
in vain for the Fountain of Youth,
people have been looking high and
low for the "silver bullet" of youth
and longevity....

A single pill... food... drink...

or treatment that can keep us young
and vital—maybe even let us live
forever.

But it's never been found.

Today, of course, we know that
there is no single anti-aging "mira-
cle" that can turn back the clock...
and make a 90-year-old have the
strength, energy, and fitness of a
20-year old—or even a 40-year-old.

No solitary amino acid... no one
hormone... no single herb or nutri-
ent... no miracle vitamin or mineral
that can "do it all" when it comes
to anti-aging.

But the good news is: it's
relatively easy to make a few
small—yet important—changes that

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can dramatically improve your health and increase your lifespan...

Small yet significant enhancements to your circulatory system... your immune system... your skin... your cholesterol levels... your hormone levels... your eyes... your muscles... and other biological systems.

How do you start putting them to work? What are the steps you can take to turn back the clock on aging?

Exercise? Yes, of course. Eating right? Absolutely. Getting a good 7 to 8 hours of sleep each night? Reducing your stress levels? Again, yes.

But now you can combat the “age accelerators” even more effectively, with the 9 “age erasers” in our new anti-aging protocol, as outlined in this report.

These “age erasers” are bioactive compounds that help offset aging—and decline—in every biological system in your body.

Individually, each of these “age erasers” can slow physical and mental decline... improve your health... and ward off “premature aging” in specific organs and biological systems.

But, when applied in combination in our anti-aging protocol, these potent bioactive compounds can slow, halt, or even reverse the “age accelerators” that cause us to age prematurely and rapidly throughout your mind and body.

And the best place to start is with....

AGE ACCELERATOR #1:

STOP cell death by switching on your “longevity genes”!

The latest scientific research shows that greater longevity may be possible. The average life span today is 75 years, but only because factors like radiation, stress, pollution, and DNA damage cause us to age and die prematurely.

Research suggests the human body is programmed for an average life span of up to 120 years. In the U.S., there are today 30,000 men and women who have lived to age 100 or more.

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...throw away your spectacles—and see more clearly.
...and so much more...

If you want to live a longer, healthier, and happier life, I urge you to settle into your favorite reading chair—and spend a few minutes flipping through this urgent bulletin.

I guarantee it will be the most important—and valuable—health information you read this year!

Sincerely,



Rick Popowicz, CEO and Founder Biocentric Health

P.S. Meet my panel of anti-aging experts below...

Meet the BCH Advisory Panel on Anti-Aging

This team of four anti-aging specialists—an MD, a PhD geneticist, a pharmacist, and a clinical nutritionist—can help you enjoy the health, vitality, and alertness of a 20-year-old—well into your 70s, 80s, 90s, and beyond!



**Dr. Floyd Taub, M.D.,
Chairman, Biocentric
Health Advisory Panel**

is a graduate of the Northwestern University School of Medicine. He is board certified in anatomic pathology, and licensed in Maryland and California. Widely acclaimed as a biomedical researcher, Dr. Taub worked at the National Institutes of Health (NIH) where he focused on autoimmune diseases. He is the founder of two highly successful biotech firms, one of which developed an improved PAP smear.



Dr. Fredric Abramson holds a Ph.D. in human genetics from the University of Michigan and a Master of Science in Management

from MIT, where he was an Alfred P. Sloan Fellow. He also received degrees from the University of Pennsylvania (A.B. mathematical biology), University of Rochester (M.S. biology), and the American University Washington College of Law (J.D.).

Named the 2005 Faculty of the Year for his graduate-level teaching at the Johns Hopkins University biotechnology pro-

gram, Dr. Abramson has held full-time academic appointments at the University of Kentucky Medical School and the American University. He has also taught at Georgetown University and Loyola College in Baltimore, Maryland.



Dr. Neil Ross has more than three decades of experience in the pharmaceutical and nutraceutical industry. At

Lederle Labs, he developed the Centrum, Caltrate, Strestab, and Materna vitamin formulations. He holds a Ph.D. in biological research and pharmacy from the University of Missouri.



Dr. Richard Staack holds an M.S. and Ph.D. in nutritional and biochemical toxicology from the University of Illinois and an MBA from De

Vry University. During a career in nutrition that has spanned nearly two decades, he has received numerous awards, fellowships, and other honors, and his articles on nutrition and toxicology have appeared in several peer-reviewed journals.

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One of the keys to living a healthier life longer is the “longevity gene”—genes which, when healthy and active in cells, can actually extend the cell’s life span.

Scientists have identified specific genes that prevent your cells from aging prematurely.

For some reason scientists aren’t clear about, longevity genes often fail to function when your body is well fed. As a result, you age faster.

Longevity genes, when functioning properly, help extend our life span on a cellular level by repairing damaged DNA, enhancing energy production, and boosting your immune function.

Experiments show that *inserting additional longevity genes into cells can actually increase the subject’s lifespan by as much as 50%.* In a human with a normal lifespan of 80, this would mean living to 120.

But you don’t want to starve yourself. Even if you did, it’s no guarantee that your longevity genes would continue to function at peak levels.

That’s where “age eraser #1,” a unique compound called resveratrol, comes into play—by “switching on” your body’s longevity genes. You may have read about resveratrol in the May 6th Sunday *New York Times Magazine*—or heard about it on TV.

The resveratrol molecule has the same effect on your longevity genes as restricted calories: it causes them to fire up and perform their life-extending functions.

According to an article in *Bottom*

Continued on page 14...

A toast to

Scientists have discovered that red wine contains resveratrol, a compound that has significantly increased life span in a variety of laboratory test subjects, including mice.

The resveratrol is believed to trigger genes within our cells—called “sirtuin genes”—capable of repairing damage to DNA.

How does it work? Resveratrol contains special molecules known as “sirtuin activators.”

These molecules activate, or turn on, the function of longevity genes, warding off the decline normally associated with aging.

Several recent studies support this claim:

- In a multi-national study, young mice were fed large amounts of resveratrol for 15 weeks. The resveratrol-fed mice nearly *doubled* their energy and vitality: they ran 1.8 times farther on a treadmill than mice in a control group not receiving resveratrol.
- In another study, mice fed 22.4 mg/kg/day for 6 months experienced improved motor function, healthier organs, and a longer life span.
- Spanish researchers “poisoned” two groups of laboratory mice with large doses of alcohol—enough to kill—in their drinking water. One group of mice was fed resveratrol during the study, and a second

your good health!



control group was not. After 7 weeks, the survival rate from alcohol poisoning in the resveratrol-fed mice was nearly 4 times higher than the control group.

Resveratrol is found in red wine, which may explain some of the health benefits attributed to drinking a glass of red wine every day.

Unfortunately, you can't get sufficient resveratrol by drinking wine. That's why our new anti-aging protocol, code-named "Rejuverin," (see page xx) gives you the optimal daily dosage of resveratrol.

To get the equivalent amount, you'd have to drink more than 5 glasses of red wine every day!

"I think one can expect perhaps another decade of robust health"

Commenting on the SIR Gene,
Dr. Lenny Guarente, Phd
Novartis Professor
of Biology, MIT
Author, "Ageless Quest:
One Scientists Search for
Genes That Prolong Youth."

Source: NYT

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Line Retirement, “Two studies... have shown that resveratrol, a component of red wine, can prolong life....”

And a cover story in *Newsweek* proclaims resveratrol to be “the most potent” of all the compounds known to trigger the longevity genes into action.

The article notes that resveratrol has “enhanced the vitality and extended the lifespan of every species [it] has been fed to.”

The problem? You’d have to drink 5 to 10 glasses of red wine a day to get the recommended daily dosage

of resveratrol.

The solution? A new anti-aging protocol I’ve developed with the help of doctors Taub, Staack, and Ross (see page XX).

Code-named “Rejuverin” for its rejuvenating effects, this anti-aging protocol—available as a new dietary supplement—gives you the optimal amount of resveratrol... and the 8 other “age erasers” described in this report... to slow, halt, or even reverse the “age accelerators” in your body that cause you to age rapidly and prematurely.

WARNING:

Read this BEFORE you buy Tonkat Ali!

Many Tonkat Ali supplements on the market are produced using harsh chemical solvents to extract the active agents within the plant.

The material is then heat-dried, which has the unfortunate effect of reducing—or even destroying—the potency of these herbal agents.

At Biocentric Health, we avoid artificial chemicals and damaging heat treatments.

Instead, we use a patented, chemical-free process to produce our ultra-pure Tonkat Ali LJ100.

It’s similar to the Swiss coffee decaffeination process that removes caffeine from decaffeinated coffee.

By using pure water to

process the plant extract, we extract the active agents of the herbs without toxic chemicals.

In addition, freeze drying preserves the potency of the active herb.



AGE ACCELERATOR #2:

Plummeting hormone levels

When you're young and active, it's because you literally have "raging hormones."

Levels of estrogen... testosterone... human growth hormone (HGH)... and insulin growth factor (IGF) are highest in our early years.

As we age, our hormone supplies decline steadily. By age 60, HGH levels begin to decrease to about 25% of the level we had at age 20 (*see graph below*).

Diminished HGH levels affect brain function, glucose metabolism, and cholesterol levels.

The net effect of these key level changes creates a downward, negative spiral effect on the body and helps accelerate aging.

That's where the potent, bioactive "age eraser" *Mucuna Pruriens* Extract—part of our new daily anti-aging protocol—comes into play.

Mucuna pruriens, a plant native to

India, contains a very powerful "neuro-transmitter pre-cursor" called *L Dopa*. The L-Dopa causes your body to release HGH into your bloodstream.

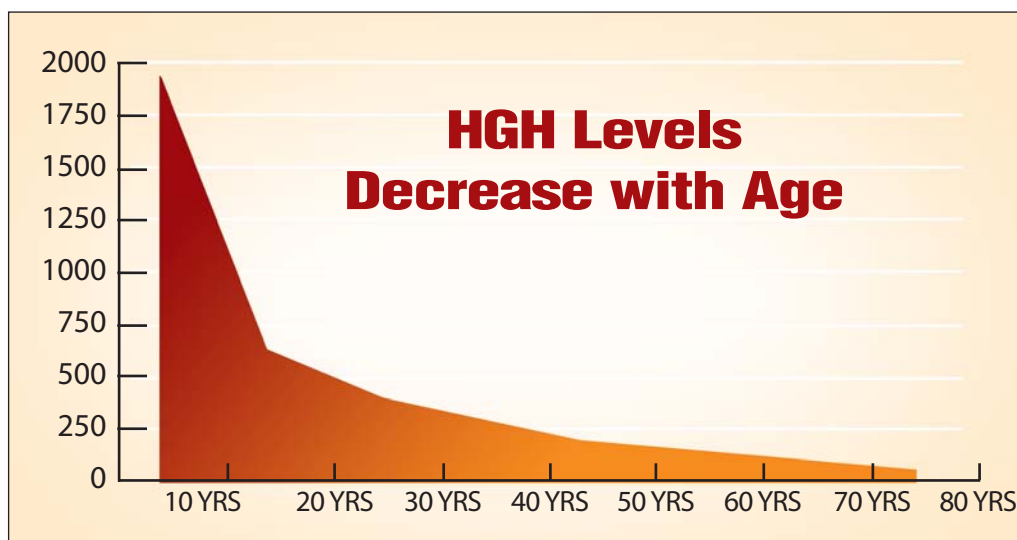
It has also been shown to increase testosterone levels. Boosting testosterone levels leads to build-up of protein in the muscles, increasing muscle mass and physical strength.

As your testosterone levels increase, you can lift more weight—and take part in strenuous physical activities for longer periods of time without getting tired.

Other benefits of taking *Mucuna Pruriens* include:

- Improved sleep.
- Reduced body fat.
- Cellulite reduction.
- Decreased wrinkles.
- Improved skin texture and appearance.
- Greater bone density.
- Osteoporosis reversal.
- Elevated mood.
- Enhanced libido and sexual performance.

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Male Testosterone Levels Dropping Sharply

A recent study published in the *Journal of Clinical Endocrinology and Metabolism* reported that testosterone levels among American males has fallen sharply the past two decades. Lead study author Dr. Thomas G. Travison, of the New England Research Institutes, stated that average total testosterone levels in men aged 65 to 69 fell 16% from 503 nanograms/decileter (ng/dL) in 1988 to 423 ng/dL in 2003.

"In 1988, men who were 50 years and older had higher serum testosterone concentrations than did comparable 50-year-old men in 1996." Testosterone is the primary male sex hormone and plays an important role in maintaining bone and muscle mass. Low testosterone levels have been linked to health problems, including lowered libido and diabetes.

It's normal for men's testosterone levels to peak in their late 20s and then start to gradually decline, experts say. But the New England Research Institutes study found that overall testosterone levels are lower than they were 20 years ago. The reasons for this trend are unclear. They noted that neither aging nor certain other health factors, such as smoking or obesity, can fully explain the decline.

One theory is that phytoestrogens and other common chemicals in the environment may be a factor in explaining declining testosterone levels among American males. A common source of these phytoestrogens and harmful chemicals comes from the dry cleaning process and also from the plastic bags used by cleaners.

Help on the way...

Studies conducted by Dr. Johari Saad on LJ100 (Tongkat Ali/ *Eurycoma longifolia*) show increased testosterone levels in impotent and andropausal men by 120%! * Fourteen separate human studies have substantiated LJ100's ability to raise testosterone. Overall, this boost resulted in a 91 percent increase in the men's libido, a 73% improvement in their sexual performance, and an 82% leap in their sexual self-confidence.

*Taking Rejuverin provides you with the optimal daily dosage of LJ100 needed to maintain healthy testosterone levels. To order, see page 35.

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As with human growth hormone, levels of Insulin-like Growth Factor-1—IGF-1—also decline to dangerously low levels as we age (*see graph below*).

IGF-1 helps regulate the growth and development of cells. When IGF-1 levels decline prematurely, it can cause cell death.

That's where the next "age eraser" in our anti-aging protocol—LJ100, a standardized extract of *Eurycoma longifolia* jack—comes in.

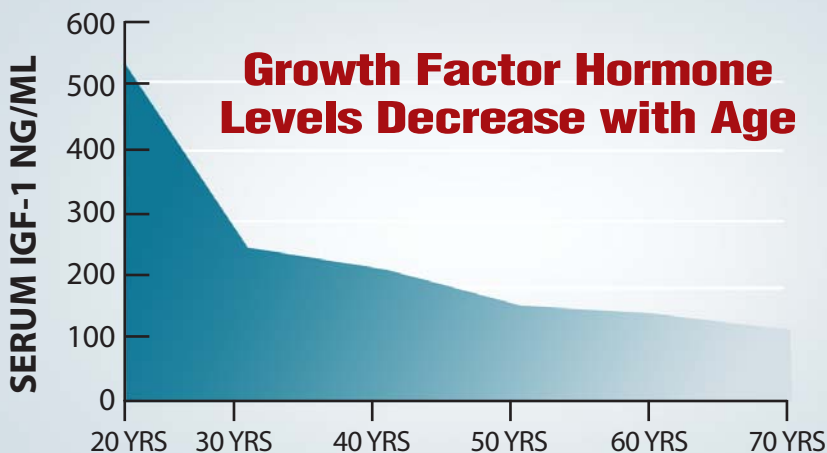
Commonly called "Tonkat Ali," the *Eurycoma* tree grows in the rainforests of Southeast Asia, where the natives use it as a tonic to treat malaria.

You ideally should consume 50 mg of LJ100 daily, because of its proven ability to increase IGF-1 levels in men and women over 50.

During a clinical trial with human subjects, volunteers who consumed LJ100 were found to have higher than normal levels of IGF-1.

Maintaining healthy levels of IGF-1 contributes to longer cell life—and in turn, greater longevity for us.

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AGE ACCELERATOR #3:

Destroy free radicals with this powerful antioxidant.

You've probably read about "free radicals," rogue oxygen molecules that attack and damage your cells.

The good news is: a number of bioactive compounds are known to contain antioxidants potent enough to neutralize free radicals, extending cell life.

One of these "age erasers" is Gynostemma, an herb used for centuries in China as an anti-aging tonic.

Several studies show that **Gynostemma** increases the production of superoxide dismutase (SOD)—an extremely powerful anti-oxidant.

By increasing SOD levels, Gynostemma can destroy free radicals—and stop the cellular damage they cause:

- A 1993 study from Loma Linda University showed that Gynostemma decreases production of free radicals in immune cells, protects cell membranes from oxidative injury, and improves the function of vascular cells.
- A research study published in the *American Journal of Chinese Medicine* found that Gynostemma helped preserve the immune systems of lab rats exposed to gamma radiation, suggesting that the herb may help cancer patients undergoing radiation therapy.
- Other studies indicate that Gynostemma can lower serum cholesterol, triglycerides, and LDL (bad cholesterol) while increasing HDL (good cholesterol). It also

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Dr. Ronald Watson,
Professor in the
Department of Nutritional
Sciences at the University
of Arizona and lead
researcher of the study
has remarked:

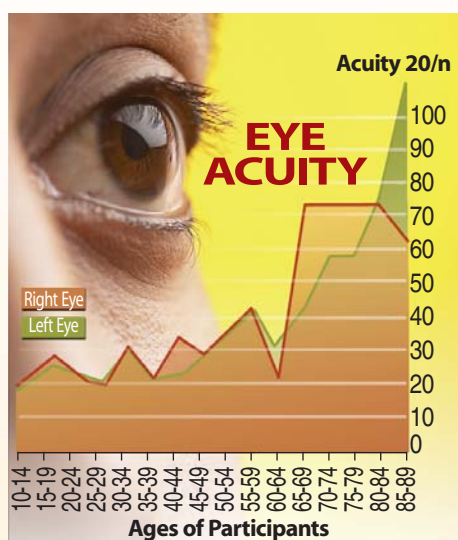
"Alternative treatments such as Pine Bark Extract are crucial components in the fight against heart disease."

*This product has not been reviewed or evaluated by the US Food and Drug Administration. This product is not intended to diagnose, cure, or prevent any disease or illness.



Hug a tree, throw away your reading specs!

As we age, vision deteriorates from near 20/20 to as poor as 110/50... and nearly 2 million Americans are legally blind.



Fortunately, there are a number of “age erasers” that can help you see clearly—even throw away your reading glasses.

One of the most potent, Pine Bark Extract, is made from the inner bark of a type of pine tree that grows mainly in the coastal areas of southwestern France.

A key benefit of taking Pine Bark Extract is that it's shown to help slow retinopathy, the gradual breakdown of the retina in the eyes.

Arteriosclerosis, diabetes, stroke, and other conditions that can damage or block blood vessels in the eye can cause serious vision problems.

Without constant blood flow, the retinas stops working, and your

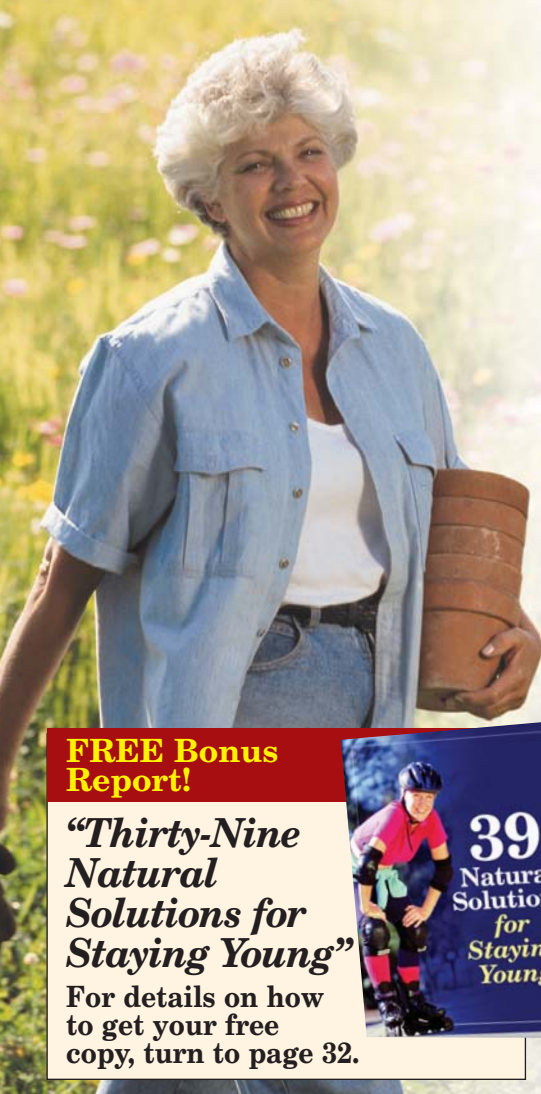
vision fades. Unless blood flow is quickly restored, permanent blindness can result.

Studies in healthy volunteers demonstrate that an intake of 200 mg daily of OPCs—a compound found in both Pine Bark Extract and another “age eraser” in our daily anti-aging protocol, Grape Seed Extract—significantly improved night vision and performance in glare tests.

In addition, a number of European studies have shown that OPCs from Pine Bark extract greatly improve symptoms in patients with diabetic retinopathies, maculopathies, and other eye disease.

Grape Seed Extract too contains OPCs that can help improve your vision. In one study, 100 patients who took 200 mg of grape seed OPC daily for 5 weeks dramatically increased the recovery of visual acuity after being subject to bright lights.

The good news about Pine Bark Extract just got even better. The journal “Cardiovascular Toxicology” is reporting that natural Pine Bark Extract “helps prevent damage that high blood pressure causes to the heart.” Previous studies have shown supplementation with Pine Bark Extract to be associated with improved cardiovascular health such as cholesterol reduction, blood pressure control and prevention of thrombosis.



Continued from page 18.

enables the body to metabolize cholesterol more effectively.

- Additional studies demonstrate Gynostemma’s ability to improve cardiac health by releasing nitric oxide in the body, which helps to relax the coronary blood vessels.

AGE ACCELERATOR #4:

Halt, even reverse, age-related skin damage.

Do you ever visit friends in Florida or other “sunshine states”?

If so, you can’t help but notice their skin.

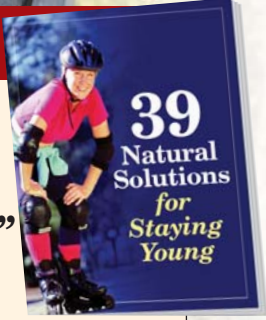
It’s deeply tanned—but also lined... dried up... wrinkled... like prunes or old leather.

What has happened to the soft,

FREE Bonus Report!

“Thirty-Nine Natural Solutions for Staying Young”

For details on how to get your free copy, turn to page 32.



9 Daily “Age Erasers”—and the

9 Age Erasers	Activates longevity genes	Increases HGH and other hormone levels	Anti-oxidant	Improves libido and sexual performance
Resveratrol	✓		✓	
Mucana Pruriens		✓	✓	✓
LJ100		✓		✓
Gynostemma			✓	✓
Grape Seed Extract			✓	
Pine Bark Extract			✓	
Green Tea Extract			✓	
L-Arginine Alpha Ketoglutarate		✓		✓
L-Glutamine		✓		

supple skin of their youth?

Age... and too much time spent baking and roasting in the sun!

Unchecked and unfiltered, the sun’s intense ultraviolet rays can do violent—and permanent—damage to our skin.

Skin sags... becomes dotted with liver spots... wrinkles... discolors... develops moles and tumors—some of which become fatal cancers.

That’s why our new anti-protocol calls for taking the next “age eraser,” Grape Seed Extract, once a day.

One of the most beneficial effects of taking grape seed extra is healthy skin.

Grape seed extract contains *silicon*—a mineral essential for healthy, smooth, soft skin.

In addition, grape seed extract may keep the *collagen* within your skin in good shape by blocking enzymes that might disrupt its chemical structure.

Collagen structures help support the tiny capillaries that circulate blood to the body’s tissues.

In one study, the majority of people taking grape seed extract showed improvement in circulatory function.

And there are other health benefits to taking this age eraser daily....

Grape Seed Extract contains *oligomeric procyanidins*, called OPC for short.

Not only is OPC a potent antioxidant—50 times as powerful as vitamin E—but it increases the structural strength of weakened blood vessels.

Continued on page 23...

Anti-Aging Benefits of Each

Controls cholesterol/ blood sugar levels; promotes cardio-vascular health	Increases lean muscle mass; controls weight	Keeps skin smooth and healthy	Promotes healthy brain function	Improves vision
✓		✓	✓	
✓	✓	✓	✓	
✓	✓			
✓	✓		✓	
✓		✓	✓	✓
✓		✓	✓	✓
✓			✓	
	✓			
✓	✓			



5 quick and easy steps you can take today to turn back the clock on aging

■ **Eat fish for a longer life.**

Researchers from Japan have found that people who consume a diet high in seafood and soy products live longer.

■ **Get off the couch.** Inactive men are 4 times more likely to die of heart disease than men who exercise regularly. Aim for 20 to 30 minutes of aerobic exercise at least 3 times a week, and lifting weights or other strength-building exercise 2 times a week.

■ **Lower your blood pressure with oatmeal.** A daily breakfast of oat cereal helped more than 70% of patients lower the amount of blood pressure medication they need to take.

■ **Use honey instead of white sugar as a sweetener.** Antioxi-

dants in honey provide numerous cardiovascular benefits, including lowering levels of LDL "bad" cholesterol.

■ **Get smart at Starbucks.** Research indicates that drinking coffee may confer long-term cognitive benefits, especially for women.

To claim your FREE Special Report, *39 Natural Solutions for Staying Young*, turn to page 35. Or call toll-free **1-800-554-9668** today.



This product has not been reviewed or evaluated by the US Food and Drug Administration. This product is not intended to diagnose, cure, or prevent any disease or illness.

Continued from page 21.

In a double-blind study, 92 French patients with varicose veins who took 300 mg of grape seed OPC daily for 28 days reduced pain, tingling, leg cramps, and swelling by more than 50%.

And a French animal study, conducted at the Universite de Caen, found that Grape Seed Extract helped protect the skin of lab mice against the harmful effects of UV radiation—suggesting that grape seed can slow the aging effect of the sun’s rays on your skin.

AGE ACCELERATOR #5:

Boost your brain power by drinking green tea.

As we age, our brains actually shrink. It’s true: both brain weight and volume decrease with each passing year.

Plus, the branch-like tendrils (“dendrites”) that extend from the neurons begin to decay.

Clusters of damaged or dying neurons form “brain plaque,” a possible contributor to Alzheimer’s.

Our next “age eraser” can help prevent this brain damage, keep your mind clear and sharp, halt loss of short-term memory, and even stave off Alzheimer’s.

This bioactive compound is contained in a popular beverage served in Japanese restaurants.

It isn’t rice wine... as warming and delicious as that is. It’s the green tea Japanese restaurants serve everyone with every meal.

We can learn a thing or two from the Japanese diet—and drinking green tea is one of them—particularly if you want to halt age-related decline in mental function:

- A new study, published in the *European Journal of Neuroscience*, reports that regular consumption of Green Tea Extract can stop neurons from dying off—and reduce beta amyloid deposits—cutting your risk of age-related degenerative brain disorders.
- Another study, conducted at the University of South Florida, also found that extracts of EGCG, an antioxidant phenol found in Green Tea Extract, reduces the buildup of beta amyloid, a protein that can lead to memory loss and nerve damage.
- A third study, published in the *Journal of Nutrition*, found that Green Tea Extracts improved the cognitive ability of rats, and may help boost learning ability related to reference and working memory.

AGE ACCELERATOR #6:

“Age erasers” that prevent hardening of the arteries.

As we age, the heart and circulatory system are often the first biological time bombs to start going off:

- ✓ Our blood becomes more viscous—and more difficult for the heart to pump.

Next page, please...

- ✓ Hemoglobin levels decline, causing fatigue.
- ✓ The aorta and other arteries become thicker and less flexible, raising blood pressure.
- ✓ Heart muscles degenerate... and the valves inside the heart become less flexible.

Fortunately, you can protect your cardiovascular system—and keep your heart beating to age 100 or more—thanks to several of the “age erasers” in our new anti-aging protocol.

One of these age erasers, L Glutamine, is the most abundant amino acid in the body.

Turbocharge your sex life—without taking Viagra!

The ability of L-arginine to help men achieve peak performance in the bedroom has been demonstrated in numerous studies:

- In a study conducted at New York University School of Medicine, 6 out of 15 men who took 2,800 milligrams of arginine a day for 2 weeks had renewed sexual performance with improved erection... yet none of the men taking a placebo did.
- Another study, from Tel Aviv University, showed that 31% of men suffering from impotence had improved after 6 weeks of taking L-arginine supplements, while only 9% of men in a control group taking a placebo demonstrated improvement.
- In a third study, at Oxford Radcliffe Hospital, researchers showed that L-arginine achieves relaxation of longitudinal layers of human smooth muscle, leading to immediate synthesis and release of nitric oxide.
- In a fourth study, performed at Johns Hopkins University, men were given shots of an inhibitor designed to prevent erection. Dosages of L-arginine wiped out the inhibitor's negative effects, enabling the men to become erect.



Yet as we age, our bodies can barely keep up with the demand for L Glutamine—which is why our anti-aging protocol contains the optimal daily dosage of this essential amino acid.

In a study of 33 patients over age 60, those with the highest blood glutamine levels had fewer illnesses, lower cholesterol, lower blood pressure, and were closer to their ideal weights.

Meanwhile, patients with the lowest glutamine levels had higher rates of arthritis, diabetes, and heart disease.

In addition, glutamine plays a primary role in muscle metabolism and maintenance... and also increases energy and mental alertness.

Both our immune system and our gut are fueled by L Glutamine. When you run short on that fuel, your immune system can falter, making your more susceptible to disease.

Without sufficient L Glutamine, your gut literally shrinks, hampering your body's ability to absorb all sorts of nutrients—and creating a “domino effect” of physical and mental decline.

Fortunately, by supplementing with 150 mg of L Glutamine daily, you can stop these problems before they happen... or reverse them if they're already in progress.

In a study conducted at the Louisiana State University College of Medicine, patients taking 2 grams of glutamine orally raised HGH levels more than 4 times over those of patients receiving only a placebo.

And an animal study performed by Thomas C. Welbourne found that glutamine supplementation protects muscle mass, preserving strength in test subjects.

AGE ACCELERATOR #7:

Testosterone and estrogen evaporate.

Remember that our testosterone levels decline with age. This, in turn, results in decreased libido and inability to achieve erection.

According to an article in the *Journal of Clinical Practice*, over half of men age 40 to 70 years old have some degree of erectile inadequacy.

A few years back, a Nobel Prize was awarded for the discovery of the role l-arginine, an essential amino acid, plays in erectile dysfunction.

In brief, l-arginine stimulates the production of nitric oxide (chemical symbol: NO).

The NO improves circulation in the blood vessels, allowing the penis to become engorged, and therefore, erect.

The best “natural alternative” to Viagra and Cialis is to take 200 mg daily of a compound with the long-sounding name of “L-arginine Alpha Ketoglutarate” (LAAKG).

LAAKG is the “high-octane” version of l-arginine—and the strongest nitric oxide supplement on the market.

LAAKG gives you far superior uptake—and retention—of amino acid than regular l-arginine.

Continued on page 27...



Why 44,000 consumers trust Biocentric Health with their important health and nutritional needs....

BIOCENTRIC HEALTH (BCH) is a direct-to-the-consumer nutraceutical healthcare company dedicated to improving the quality and longevity of health for the baby-boomer and mature generations. Our mission is to research, formulate, and distribute innovative, science-based nutritional supplements that support your health and active lifestyle.

Inspired by a science team of four medical doctors and biochemical researchers, and a professional management team that has 25 years cumulative industry experience, BCH manufactures supplements at U.S. FDA-inspected facilities. Our manufacturing plant meets or exceeds GMP

and ISO-2000 quality standards, ensuring that both raw materials and finished products meet the highest standards for quality and purity.



BCH also uses standardized herbs (assures highest quality) in the production of its products. All BCH formulations are also reviewed by a team of doc-

tors and researchers for safety and efficacy.

Importantly, our formulations contain meaningful, well-researched amounts of bioactive agents. We do not believe in including “cosmetic amounts” of herbs and other compounds to make window dressing claims.



\$59.75 in FREE supplements... 4 FREE Health Guides... and more—just for you: see “Best Deal” on page 29 now!



The Longevity Bulletin

Continued from page 25.

Another age eraser, *Mucuna Pruriens*, also improves sexual performance and increases libido.

In an animal study conducted at the College of Pharmaceutical Sciences, lab rats receiving 75mg of *Mucuna Pruriens* per kilogram of body weight increased their sexual activity tenfold within 28 days.

**Introducing REJUVERIN:
Your daily “anti-aging
protocol” in a bottle**

There you have it: 7 “age accelerators” that can cause premature aging... rob you of energy and vitality... and can bring on early onset of cancer, arthritis, heart disease, Alzheimer’s, erectile dysfunction, and a host of other illnesses.

Our “Rejuverin” anti-aging protocol contains **all 9 of the powerful**

“age erasers”—the bioactive compounds, proven through research, to effectively slow, halt, or even reverse these 7 deadly age accelerators.

Separately, each of these “age erasers” works within your body to help optimize the functioning of specific biological systems—from the blood vessels and brains to the skin and eyes.

But when you combine all 9 age erasers into your daily nutritional regimen, you get all the important bioactive compounds your body needs to slow, halt, and even reverse the signs—and symptoms—of aging.

And that’s precisely what you get in Biocentric Health’s new anti-aging formulation, **REJUVERIN®—the**

Continued on page 29...

**REJUVERIN 9-in-1
anti-aging formula**

■ Polygonum (20% Resveratrol)	100 mg
■ Mucana Pruriens (60% L Dopa)	50 mg
■ LF100 (40% Glyco Saponins, 22% Eurypeptides)	50 mg
■ Gynostemma (80% Gynnosides)	100 mg
■ Grape Seed Extract (95% OPC)	100 mg
■ Pine Bark Extract (95% OPC)	100 mg
■ Green Tea (50% EGCG, 98% Polyphenols)	150 mg
■ L-Arginine Alpha Ketoglutarate	200 mg
■ L Glutamine	150 mg



This product has not been reviewed or evaluated by the US Food and Drug Administration.
This product is not intended to diagnose, cure, or prevent any disease or illness.

“Honey, where are my car keys?”



Having too many of those “senior moments”? Try these 3 practical—and proven—brain-boosters. Each can help improve your focus, sharpen your concentration, and enhance your short-term memory:

■ BRAIN-BOOSTER #1: Chill out.

Take steps to reduce stress levels in your life. Reason: when you're under stress, your adrenal cortex releases cortisol into your bloodstream. The cortisol breaks down the production of neurotransmitters, chemicals your brain needs to retrieve memorized information. *Proven stress reducers include:* yoga, music, exercise, deep breathing, medication, and prayer.

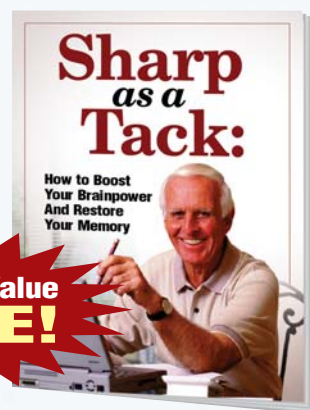
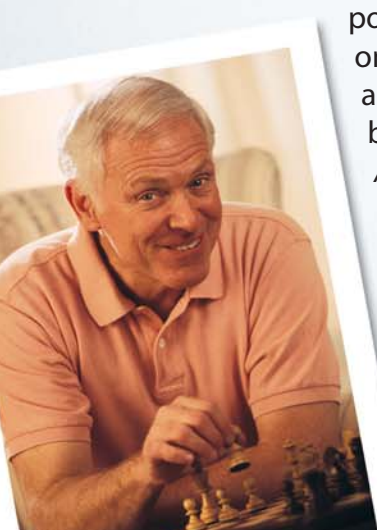
■ BRAIN-BOOSTER #2: Eat and grow smart.

A number of foods have been found to have a major, positive impact on your present and future brain power. *Among the best “brain foods” to include in*

your diet: leafy green vegetables, olive oil, and fish like salmon, hering, mackerel, and tuna rich in Omega-3 essential fatty acids.

■ **BRAIN-BOOSTER #3: Do mental push-ups.** To stay sharp as a tack, exercise your brain daily. Turn off the TV. Unused and unchallenged, the dendrites of the nerve cells, which transmit thoughts, shrink and disappear. *A fun and easy way to stimulate your brain:* do familiar things in an unfamiliar way. Brush your teeth with the opposite hand. Take a different route to work. Balance your checkbook without using a calculator.

To claim your FREE Special Report *Sharp as a Tack: How to Boost Your Brainpower and Restore Your Memory*, turn to page 35. Or call toll-free 1-800-554-9668 today.



**\$19.95 Value
FREE!**

This product has not been reviewed or evaluated by the US Food and Drug Administration. This product is not intended to diagnose, cure, or prevent any disease or illness.

Continued from page 27.

ONLY daily dietary supplement containing all 9 of the “age erasers” required to comply with the Biocentric Health anti-aging protocol.

\$59.75 savings and 4 FREE GIFTS!

Following our science-based “Rejuverin” anti-aging protocol could be the most important step you ever take toward ensuring a long, healthy, energetic, and pain-free life.

And our REJUVERIN formulation is the easiest, most convenient, most affordable way to ensure 100% compliance with the protocol.

To give you an incentive to start following the anti-aging protocol outlined in this report—and start taking REJUVERIN every day—we’re offer, for a limited time only, special discounts and 4 FREE GIFTS for first-time REJUVERIN users only:

Best Deal and Recommendation:

Our best offer... order a 6-month supply of REJUVERIN

for just \$179.95.

The list price is \$239.70, so you save a hefty \$59.75.

Plus, you get FREE shipping and handling—and 4 FREE Bonus Reports: *39 Natural Solutions for Staying Young, Sharp as a Tack, Getting Younger Every Day*, plus our quick-response bonus report *Preventing and*



Curing Cardiovascular Disease. If not 100% satisfied, return the unused portion to us for a full product refund.

✓ **GREAT DEAL**—save even more by ordering a 3-month supply of REJUVERIN for just \$99.75. You get a \$20 off the list price, FREE shipping and handling, and 2 FREE Bonus Reports—*39 Natural Solutions for Staying Young and Sharp as a Tack*. Same 90-day money-back guarantee of satisfaction.

✓ **TRIAL OFFER**—if you want to “kick the tires” on our anti-aging formula, you can get a single bottle of REJUVERIN containing 60 capsules... a one-month supply... for only \$39.95 plus \$6.95 shipping and handling—satisfaction guaranteed or your money back. You also get a FREE Bonus Report, *39 Natural Solutions for Staying Young*.

Try REJUVERIN anti-aging formula FREE for 90 days!

As soon as your shipment of REJUVERIN arrives, take two capsules daily, as instructed.

Then, give it time.

Everyone’s biochemistry is unique. Some men and women feel the effects almost immediately. For others, it takes longer.

But I promise you: you’ll soon begin to notice an extra spring in your step... feel more energetic... and experience an overall sense of improved health, vitality, and well-being.

What you’ll really be feeling is the beginning

Continued on page 31...

Save almost \$140 a month on these 9 powerful “age erasers”!



Get ALL the anti-aging nutrients you need—in one convenient capsule! Of course, you could order all the ingredients specified in the “Rejuverin” anti-aging protocol separately.

But you’d be unsure as to the quality of each ingredient—and you’d be guessing at the optimal dosage of each, cutting pills and breaking capsules to make it come out right.

Buying all 9 of these age erasers separately would mean you’d have to keep 9 different bottles in your medicine chest—and take 9 separate pills every day. That’s a lot of pills to swallow and keep track of!

Even worse is the outrageously high cost of buying all these different supplements every month...

Ingredient	Cost (1-month supply)	REJUVERIN
Polygonum (20% resveratrol)	\$18.00	INCLUDED
Mucana Pruriens	\$6.65	INCLUDED
LJ 100	\$59.99	INCLUDED
Gynostemma	\$20.00	INCLUDED
Grape seed extract	\$10.93	INCLUDED
Pine bark extract	\$7.65	INCLUDED
Green tea	\$21.48	INCLUDED
Glycine-arginine-calcium alpha-ketoisocaproate	NA (not available)*	INCLUDED
Glutamine	\$23.99	INCLUDED
TOTAL	\$168.69	\$29.99**

To purchase all 9 of the potent “age erasers” in REJUVERIN separately... if you could even get them all*... would cost you least \$168.69 a month.

But with REJUVERIN, you get the ideal daily dosage of all 9 of these powerful bioactive agents for as little as \$29.99 a month—less than a dollar a day—a monthly savings of almost \$140!

Or, buy them separately—and pay over 5 TIMES MORE than a single bottle of REJUVERIN. It’s your choice.

But now, for a limited time through this special direct-by-mail offer only, you can get a special introductory rate—and save as much as \$59.75. Details on page xx.

* Sold only to manufacturers for processing in 25 and 50 kilogram sizes. Not sold to consumers in raw form.
** Based on volume purchase of 6-month supply.

Continued from page 29...

effects of the 9 age erasers in REJUVERIN doing their work.

But you'll be the final judge.

If you are not absolutely convinced that REJUVERIN truly delivers the anti-aging results you seek...

Or if you are not 100% satisfied for any reason... or for no reason at all...

Simply return the unused portion—or even the empty bottles—to us within 90 days for a full and prompt refund of every penny you paid (less shipping and handling, if any)—no questions asked.

You see, REJUVERIN is guaranteed to work for you—or your money back.

That way, you risk nothing.

Turns back the clock on aging

You can't stop getting older.

If you're 60 today, in 10 years you'll be 70.

If you're 75 today, you'll be celebrating your 85th birthday in a decade.

It's simple math—inexorable and, in some ways, cruel.

The years roll inexorably forward... and there's no stopping them.

But now, thanks to REJUVERIN, you CAN control is the quality of the life you'll have 10... 15... even 20 years from today.

Instead of experiencing the same declining energy, strength, mental concentration, and health as your peers....

You can enjoy the vigor, vitality, and wellness of someone decades younger than your actual calendar age.

One other point I want to make about aging....

In 90 days from now, you can be 3 months older than you are today—both

chronologically as well as biologically.

Your mind... your heart... your organs... your cells... can all continue to age in time with the calendar.

Or, you can take REJUVERIN... and slow down—even put a stop—to the negative effects of aging... to enjoy years of renewed health, energy, and vitality.

It's totally up to you.

So what are you waiting for?

To try our REJUVERIN anti-aging protocol on a risk-free trial basis, just complete and return the form on page xx today.

Or for fastest service, call toll-free **1-800-554-9668** today.

You'll be glad you did.

Sincerely,

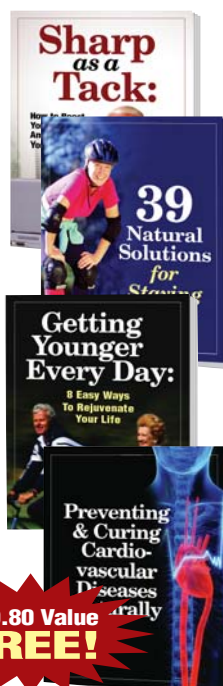
Dr. Richard Staack

Dr. Richard Staack, Ph.D

P.S. Reply today and claim up to 4 FREE Bonus Reports:

- 1. 39 Natural Solutions for Staying Young.**
- 2. Sharp as a Tack.**
- 3. Getting Younger Every Day.**
- 4. Preventing & Curing Cardiovascular Disease.**

These 4 valuable health reports (combined value: \$79.80) are yours to keep FREE, even if you return Rejuverin for a full refund (less shipping and handling, if any)! See page 14 for details.



\$79.80 Value FREE!

4 FREE Gifts (value: \$ Yours when you order a 1, 3, or

FREE BONUS REPORT #1:

39 Natural Solutions for Staying Young (value: \$19.95)

Aging is inevitable, but looking and feeling old is not! In this report, you get dozens of anti-aging tips and tricks—simple, straightforward strategies for staying healthy, reducing pain, staying thin, keeping bones strong, and more... without prescription drugs or a trip to the doctor's office. You'll discover:

- Drink your way to a healthy heart—page 3.
- Drizzle this delicious oil on your veggies to reduce risk of colon cancer—page 6.
- This everyday vitamin can help you avoid muscle strain—page 4.
- Medicinal African herb relieves joint pain for arthritis sufferers—page 5.
- How a bee hive can help you live a longer life—page 6.
- Delicious snack lowers risk of fatal heart attacks up to 47%—page 7.
- Great sex after age 40—page 6.
- And so much more...

Yours when you order a 1 or 3-month supply of Rejuverin...



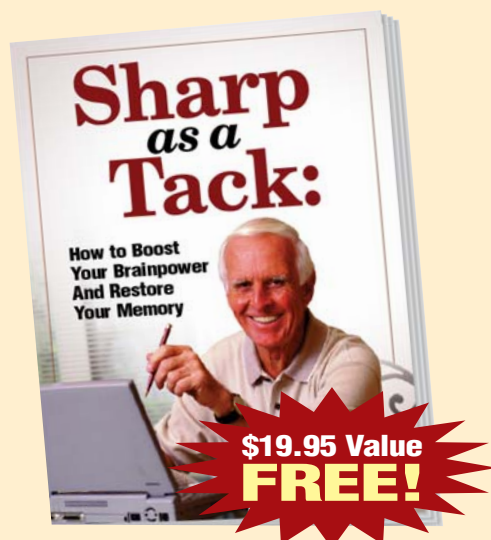
FREE BONUS REPORT #2:

Sharp as a Tack: How to Boost Your Brainpower and Restore Your Memory (value: \$19.95)

In this report, you'll learn how to gradually—and permanently—improve your focus, concentration, and short-term memory... honing your mind to be sharp as a tack. Covers:

- 5 super-nutrients that fuel and fire your brain cells—page 4.
- Why stress may be killing billions of your brain cells—and how to prevent it—page 3.
- 6 daily “brain exercises” to make your mind as sharp as a tack—page 7.
- Can physical exercise make your mind stronger?—page 6.
- Best vegetables to eat for a healthy brain—page 4.
- How to grow new brain cells after age 55—page 2.

Yours when you order a 1-month supply of Rejuverin...



79.80) — Just for You!

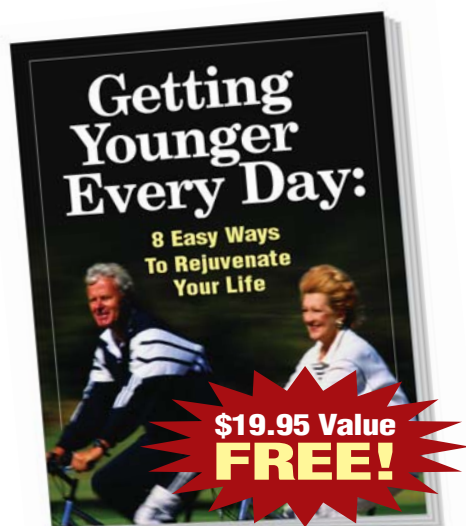
6-month supply of Rejuverin...

FREE BONUS REPORT #3:

Getting Younger Every Day: 8 Easy Ways to Rejuvenate Your Life (value: \$19.95)

No matter what your age or your basic state of health, there are simple steps you can take to wake up tomorrow feeling younger, better, and more energetic than you do today... and 8 of these anti-aging strategies are described in this informative, quick-reading guide. Including:

- Simple steps to ensure a good night's sleep—page 4.
- 5 delicious ways to protect yourself against colon cancer—page 3.
- What New Age gurus can teach you about living longer—page 4.
- The awful truth about trans fat in your diet—page 3.
- Why white sugar and flour are the 2 worst foods you can eat—page 2.
- 3 fun and easy exercises you don't need a gym for—page 4.



Quick-Response Bonus!

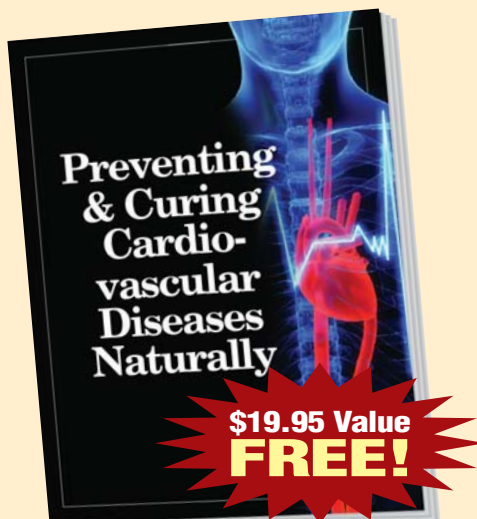
Order within 7 days and get this extra free gift...

FREE BONUS REPORT #4:

Preventing & Curing Cardiovascular Diseases Naturally (value: \$19.95)

Heart attack is the #1 killer in the United States, with approximately a million deaths annually. In this special report, you get simple action steps you can implement today to improve your heart health and prevent stroke, heart attack, and other cardiovascular illness. Including:

- Metal used in camera flash bulbs can actually lower your blood pressure—page 8.
- 9 steps to eating your way to a healthier heart—page 5.
- Lower your cholesterol level without dangerous statin drugs—page 9.
- Are you at risk for heart disease? 7-point checklist lets you know in seconds—page 4.
- Two best beverages for promoting cardiovascular health—page 9.



REJUVERIN Anti No-Risk 90-Day Home

4 easy ways to order!



1

PHONE:

**Call toll-free
1-800-554-9668**



2

MAIL TO:

Biocentric Health, Inc.
PO Box 2600
Chestertown, MD 21617-9905

4

FAX:

Fax this form (both sides) toll-free:
800-375-3133

3

ONLINE:

Go to www.biocentrichealth.com/rejuverin.html



Your 100% Unconditional Guarantee of Satisfaction

It's true that REJUVERIN can't stop you from actually getting older. Nothing can do that.

But, our anti-aging formula can significantly delay—even prevent—the onset of failing vision, memory loss, joint pain, high blood pressure, cancer, diabetes, and other age-related conditions.

In fact, we guarantee it—or your money back.

That's right: If you are not 100% satisfied with REJUVERIN for any reason—or for no reason at all...

You can return the unused portion... or even the empty bottles... within 90 days for a full product refund (less S&H, if any). No questions asked. And all bonus gifts received are yours to keep FREE, whatever you decide. That way, you risk nothing.

Rick Popowitz
CEO, BioCentric Health



-Aging Formula

Trial Request Form



YES,

I want to live longer, have more energy, feel great, and stay healthy! Please rush my risk-FREE trial order of REJUVERIN® according to the terms indicated below:

☐

BEST DEAL & RECOMMENDATION! Order a 6-month supply of REJUVERIN for just \$179.95 (list price is \$239.70—you SAVE \$59.75). Plus, you get FREE shipping and handling—and 3 FREE Bonus Reports (a \$59.85 gift value):

- ✓ *39 Natural Solutions for Staying Young.*
- ✓ *Sharp as a Tack.*
- ✓ *Getting Younger Every Day.*

☐

GREAT DEAL! Order a 3-month supply of REJUVERIN for just \$99.75. You save \$20, and we pay shipping & handling. You also get a 2 FREE Bonus Reports (a \$39.90 gift value): *39 Natural Solutions* and *Sharp as a Tack*.

☐

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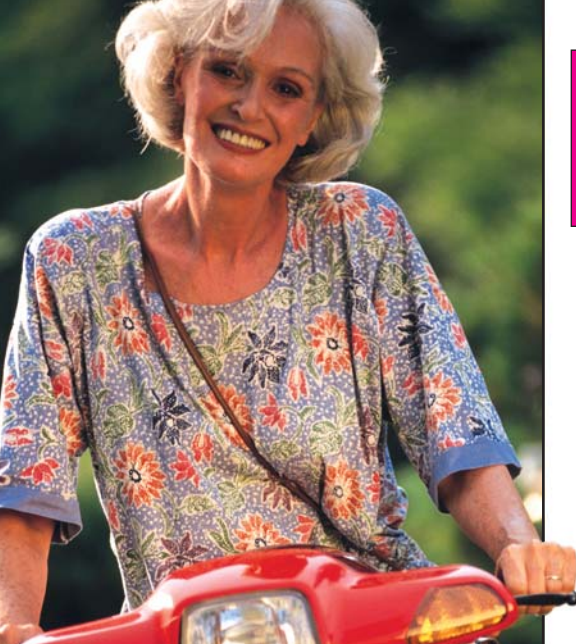
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■ Prevent cellular damage to the genes in your DNA that actually lengthen your life span. If they fail, you age faster. *Page XX.*

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