

**Recommended by the Mayo Clinic....**

## **“Little Miss Muffet’s delicious anti-aging secret”**

**This gigantic molecule can help you build muscle, lose weight, improve your memory, maintain healthy blood sugar, and keep your heart healthy**

Dear Health-Conscious Friend:

You may remember Little Miss Muffet, the girl who “sat on a tuffet, eating her curds and whey.”

But here’s something you probably didn’t know—Little Miss Muffet had discovered an amazing ANTI-AGING SECRET.

Today that secret is finally available to you, like never before. And you’ll be shocked at just how many ways it works to help you achieve optimal health and longevity. No matter what your health concerns may be.

The anti-aging secret is—PROTEIN. But, it’s a very special kind of protein. One you won’t find in the grocery store or your refrigerator.

The Mayo Clinic says this special source of protein may help:

- Support healthy immune function.
- Reduce snacking and appetite.
- Aid in weight loss.
- Promote normal blood sugar levels.
- Increase muscle mass and strength.
- Improve the symptoms of acne.
- Have positive benefits in lung and skin health.

Now, you’ve no doubt read health articles recommending you get more protein in your diet.

And there’s a good reason for that...

Proteins are literally the building blocks of life. They are absolutely essential for repairing your cells and maintaining your body in good health.

*You cannot live without protein.*

In fact, there are no living organisms on the planet that don’t contain protein.

Every cell in your body contains protein. Including your skin, muscles, organs, glands, and blood. Your muscles, in particular, are one-fifth protein.

If you've ever felt tired, worn out, lethargic, or weak...

Or you're not as physically strong as you once were...

Or you've packed on the pounds...

You may not be getting enough protein.

Other signs of a protein deficit include puffy eyes in the morning ... water retention ... thin or ridged nails, or nails that grow slowly ... and thin hair, split ends, or slow hair growth.

And while it's rare in the U.S., more severe deficiency can lead to growth failure...loss of lean muscle mass...weight gain...decreased immune function...weakening of the heart and respiratory system...and even death.

So it's easy to see how protein is so important to your health.

Without sufficient protein, you quickly lose strength and muscle tone. The greater your protein shortage, the weaker you become.

But here's the good news: This weakness is easily reversed. And you can quickly get stronger when you eat more of the special protein I mentioned a minute ago.

The Mayo Clinic found that eating more protein in combination with a weight training routine may increase both muscle mass and muscle strength.

But that brings up another problem. Namely...

**You may not be getting all the protein  
you need from the food you eat!**

Now, don't get me wrong: there are plenty of good foods that contain protein. These include red meat, fish, poultry, eggs, milk, cheese, soy, peanuts, yogurt, oatmeal, and even wheat.

And while some public health sources make it sound easy to get what you need...I would bet the majority of folks don't take the time to eat the varied diet they need to actually hit the recommended targets!

Plus, most recommendations are based on healthy adults. How many people do you know who aren't struggling with some sort of health challenge who may need added support?

And of course, it doesn't help that opinions on exactly how much protein you need vary. The U.S. Department of Agriculture conservatively recommends that all men and women over the age of 19 should get at least 0.37 gram of protein per pound of body weight.

That means a woman who weighs 130 pounds should get at least 48 grams of protein daily. But to get that much protein from food, you'd have to eat 8 eggs a day. That's a pretty big omelet!



The Institute of Medicine says you need to eat about 8 grams of protein daily for every 20 pounds of body weight to avoid breaking down your own tissue. That's the equivalent to eating about 10 eggs...or 20 slices of bread...or 20 cups of raw vegetables.

Some articles suggest snacking on nuts or eating legumes as good sources of vegetarian protein. Unfortunately, vegetable protein doesn't contain all the essential amino acids you get from milk, cheese, whey, meat, and other animal sources of protein.

But Dr. Fred Pescatore, a best-selling author and renowned health advisor to countless high-profile patients from around the world, has discovered an alternative source of protein that's healthy, delicious, and EASY. And, it's the one Little Miss Muffet was eating when she met the spider...

Meat, fish, and poultry are rich in protein. But do you really want to eat a big meal every night? Cooking takes a lot of time you may not have. And eating out gets expensive.

### **Get all the daily protein you need from delicious whey**

Dr. Pescatore has formulated a new *whey protein supplement* called **WheyLogic**. He is convinced that it may be the best way to help supplement your diet to get the protein you need to stay healthy—without eating like a glutton. His patients love the taste and how it helps them build muscle and lose weight fast.

Taking WheyLogic is easy and delicious: Just stir one scoop into a glass with 6 to 8 ounces of cold water. You can also blend it with ice for a cold smoothie or shake. Drink a couple daily (at meals or as a snack) to help make sure you're getting all the protein you need.

A WheyLogic protein shake is smooth, creamy, and delicious. With a rich vanilla flavor. Each serving contains a whopping 21 grams of protein, which will put you well on your way to an optimal daily intake.

Or, you can even use it as a quick trick for kick-starting your weight-loss efforts! Dr. Pescatore has outlined how in a special online report he's written called, "The All-You-Can-Eat Cheat Secret" which

### **Pre-eminent authority on nutrition & integrative medicine**

Fred Pescatore, M.D. is one of America's leading authorities on integrative medicine. He has a thriving practice in Manhattan. And is the author of six books, including the New York Times best-seller *The Hamptons Diet* and the No. 1 best-selling children's health book *Feed Your Kids Well*.

Prior to opening his own practice, Dr. Pescatore worked closely with the late Dr. Robert C. Atkins, as Associate Medical Director of The Atkins Center for Complementary Medicine. Now, "Dr. Fred" is internationally recognized as an integrative health, nutrition, and weight loss expert in his own right.

He is the President of the International and American Association of Clinical Nutritionists, member of the American College for the Advancement of Medicine, and belongs to many other professional organizations.

Dr. Pescatore is currently the editor of *Logical Health Alternatives* and the *Reality Health Check* and is on the editorial board of *Total Health* and *US Weekly* magazines. Major network television shows like Extra, The View, Rachael Ray, and Today have sought out Dr. Pescatore for his expert health advice. And his practice has become a haven for the rich and famous, drawing a roster of clientele that reads like a "Who's Who" of Hollywood's elite, Wall Street, and even Royalty.

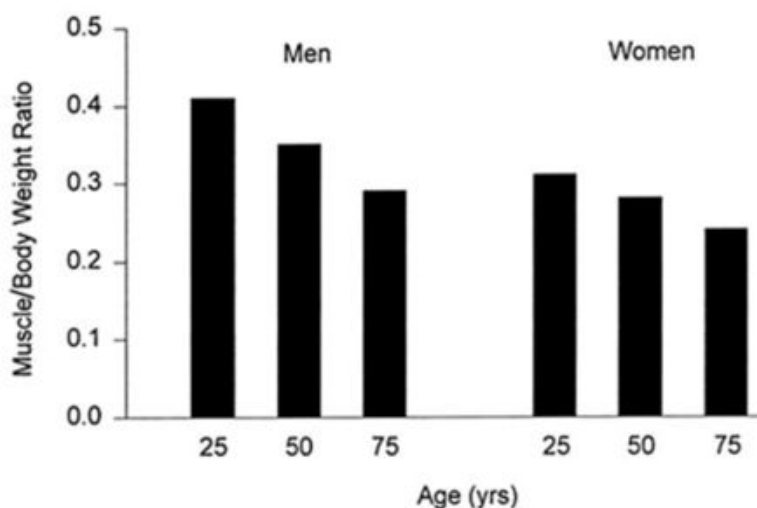
you can get for free today (I'll show you how in just a moment). But first...

That's just the tip of the iceberg when it comes to why WheyLogic should be your go-to whey drink to supplement your daily protein intake...

### 543% increase in muscle fibers

As we age, fast-twitch muscle fibers, which give you strength and mass, become smaller. Fat infiltrates into the muscle, and we lose muscle mass.

Starting around age 50, you lose 1% to 2% of your lean muscle mass a year. By age 70 or 80, you will have experienced a 20% to 40% decrease in muscle strength.



One of the most effective anti-aging strategies to combat lean muscle loss is to eat more protein. You can also eat foods that provide special amino acids that help your body make more protein.

This is where taking WheyLogic can help you maintain and even enhance your physical strength as you age.

WheyLogic contains 18 amino acids including lysine, aspartic acid, tyrosine, glycine, cysteine, arginine, and importantly, leucine. All the essential amino acids needed to build new protein. Beans, grains, nuts, fruits, and vegetable sources of protein don't.

Plus whey has "branched chain" amino acids. They are fast-acting because they are rapidly absorbed through the blood stream.

Whey is the richest known source of these amino acids. And they help your body produce more protein for building lean muscle.

What's more, leucine is a direct precursor for muscle energy production. And cysteine helps preserve lean muscle during exercise.

In one study of men undergoing resistance training, those who ate whey protein gained 2 to 5 times more lean muscle mass than men who trained but did not take whey protein. Another group taking whey protein increased the size of their type-2 muscle fibers by up to 543% vs. the control group.



In another study reported in the *American Journal of Clinical Nutrition*, individuals rode stationary bikes for 60 minutes after drinking a protein shake. The shake contained 3.5 grams of leucine. After doing so, protein synthesis in their bodies increased by 33%.

And in a third study, conducted at McMaster University, a group of young men each ate 15 grams of whey protein. After eating the whey, they exercised. Researchers found that doing so sped up the rate of muscle-building.

When you drink WheyLogic just before you exercise, you can increase your strength without increasing body mass.

In one study, individuals who took 20 grams of whey protein daily improved their peak power output and total work capacity while cycling.

### **Lose up to 6% of your fat in 12 weeks**

More than 75 million Americans are overweight. And this puts them at greater risk of developing a number of health concerns long-term.

Now, a study in *Nutrition and Metabolism* shows that protein may be the world's best-kept weight loss secret!

Participants in the study drank a whey beverage high in leucine and bioactive peptides for 12 weeks and also ate a reduced calorie diet. They lost 6.1% of their body fat mass in just 3 months.

In another study, individuals who took 20 grams per day of a specialized whey protein decreased body fat *without* any type of specific exercise training.

I also told you earlier about how WheyLogic helps build lean muscle mass, right?

Well, muscle is metabolically active tissue. So the more lean muscle you have, the more fat your body burns. And of course, the more fat you burn—the more weight you may lose.

But WheyLogic has another trick up its sleeve for helping you lose weight: drinking WheyLogic actually makes you eat less!

**Protein is an appetite suppressant.** Eating protein slows the movement of food from your stomach to your intestine. As a result, your stomach empties more slowly, so you feel full longer.

**In addition, protein prevents quick, steep rises in blood sugar that can trigger your hunger.**

And, the body uses more energy to digest protein than it does to digest fat or carbohydrate.

But that's not all. WheyLogic also includes Fibersol®-2. Fibersol®-2 is a high-density source of dietary fiber. And there are 2 grams of Fibersol®-2 per serving of WheyLogic.

But unlike other fiber sources, Fibersol®-2 dissolves easily in water and causes minimal gastrointestinal upset. That's because Fibersol®-2 is not totally fermented in the colon. This allows for slower development and dissipation of developed acid and gas.

Fiber helps you eat less in two ways.

First, it expands in your stomach, so you feel full and have less room for more food. Second, it causes your intestine to release two hormones—PYY and GLP-1. These hormones help tell your brain you are full.

A study conducted at Iowa State University found that people who ate 10 grams per day of Fibersol®-2 felt fuller longer and were less hungry.

Another study, from the American Dietetic Association, showed that eating 20 to 35 grams of fiber daily promotes healthy cholesterol levels, prevents constipation, slows digestion, reduces eating, and makes you feel full.

### **Supports normal blood pressure levels**

WheyLogic is a concentrated whey protein. It contains important minerals, including calcium and phosphorous. And a review of 42 clinical studies involving whey protein showed that people with a higher calcium intake were better able to maintain normal blood pressure.

But that's not all. During digestion, whey protein is broken down into peptides. These peptides can promote healthy levels of cholesterol and may provide antioxidant activity that supports heart health.

So whey protein can help optimize heart health, build lean muscle, and reduce body fat. But as a true super-food, whey protein can do even more...

- **Promote healthy blood-sugar levels.** Studies have found that whey protein may aid in the balance of blood sugar. During digestion, whey protein triggers the release of peptides that cause insulin to be secreted from beta cells. It also helps your insulin work more effectively to maintain normal blood sugar levels after meals.
- **Smooth skin.** Whey protein is a proven age eraser for the skin. All the skin cells on your body get replaced every 24 days. Getting enough protein in your diet is vital to that process. Protein helps build collagen, keeping your complexion firm and radiant.
- **Strengthen bones.** Increasing intake of dietary protein reduces bone mineral loss and supports strong bones. In addition, WheyLogic provides about 366 mg of calcium per 100 grams of protein. And research has shown whey can triple intestinal absorption of calcium.
- **Provide immune system support.** Because it is made from raw milk cheese whey, WheyLogic contains immunoglobulins that support your immune system and are beneficial to gut flora. Research shows that even a 25% reduction in protein intake can compromise the immune system.
- **Aid memory.** Memory relies on the flow of information between neurons in the brain. Protein helps forge new connections between the neurons.

### **Premium whey from the pastures of New Zealand— just 6 cents per gram of protein!**

There are no artificial sweeteners or other chemical additives in WheyLogic. It's made from freshly pasteurized skim milk.



But not just any milk: every container of WheyLogic is made 100% from the milk of dairy cows pastured in New Zealand.

Why? Because New Zealand is a beautiful green country with some of the cleanest air, purest water, and greenest pastures on the planet.

Their dairy herds are Jersey and Holstein-Friesian cows that graze on healthy, green grass all year round.

Dairy farmers in New Zealand adhere to the highest standard of product safety, environmental sustainability, and human livestock treatment.

The milk they produce contains no preservatives, food additives, genetically modified organisms, or bovine growth hormone.

Because of this, milk from New Zealand has gained a worldwide reputation for goodness, nutrition, energy, and taste. And it's why Dr. Pescatore uses only New Zealand milk in the making of WheyLogic.

Now, if WheyLogic is made from milk, you may be asking, "Why not just drink milk?" And here's the answer:

Milk is 70% casein. Casein is a common allergen. And it's the reason drinking milk triggers allergic reactions in many people. The remaining 30% is whey. WheyLogic gets rid of the casein and gives you just the healthful whey.

In addition, milk is loaded with sugar, but WheyLogic has only 1 gram of sugar per serving. This means you can drink whey protein even if you are trying to watch your sugar intake.

Dr. Pescatore's WheyLogic is a premium source of protein. Low in fat and carbs, WheyLogic has high bioavailability and is 80% protein concentrate.

Many other protein drinks on the market are mostly powdered milk. Some contain heavy metals or artificial sweeteners. Others are made in China or India without U.S. quality control standards.

Excess heat causes fragile protein molecules to break apart. WheyLogic is made from pasteurized milk processed using low-heat membrane filtration, keeping the healthful protein intact.

Each container of WheyLogic contains thirty servings. And each serving gives you 21 grams of high-quality protein and 2 grams of fiber.

When you order WheyLogic from this special online offer, you can save up to \$61.70 on your first shipment...

**Use it risk-free for 60 days ... and  
save up to \$61.70 when you act now.**

So how long will it take for you to see results from taking WheyLogic?

Well, shortly after drinking your very first whey protein shake, you'll experience the fullness that helps curb your appetite and reduce your eating—a key to lasting weight loss.

It may take a few weeks for you to feel a strength increase from packing on more lean muscle or the cardiac benefits.

So I recommend you drink two WheyLogic smoothies daily for at least a month or two. For best results, combine it with the diet Dr. Pescatore outlines in your free bonus report (see the P.S. for details).

Best of all, order now and you save up to \$61.70 on your first shipment. Then, you be the judge...

If you are not 100% satisfied with WheyLogic for any reason...or for no reason at all...simply return the unused portion or even the empty containers within 60 days.

You'll get a full and prompt product refund, no questions asked. That way, you risk nothing.

One more point...

Protein is more than an essential component of every cell in your body. Without protein, there would be no life on Earth.

Your body manufactures some of the amino acids that proteins are built from, but not all. The ones we don't make—the essential amino acids—we must obtain from our diet. Or we will die.

So it's smart to make sure you do—by drinking a couple of delicious WheyLogic whey protein shakes every day. That way, you get the protein you need—without worrying about how many eggs or steaks you need to eat.

And on top of that, WheyLogic tastes great—like a smooth, creamy vanilla shake. It's delicious and refreshing...the perfect antidote to between-meal hunger.

So what are you waiting for?

To get the protein your body is crying out for, order WheyLogic today.

[Continue to the WheyLogic Secure Order Form](#)

Sincerely,

Karen Reddel  
President, NuLogic Nutritionals

**P.S. Quick-Response Bonus:** Order WheyLogic on a risk-free trial basis today and you get a FREE online copy of Dr. Pescatore's Special Report, "Dr. Fred's All-You-Can-Eat Cheat Secret" (value: \$15). In it, you'll find a diet combining whey protein shakes and healthful meals that can help you safely lose up to 16 pounds in just 2 weeks!



[View the ingredients for WheyLogic](#)

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