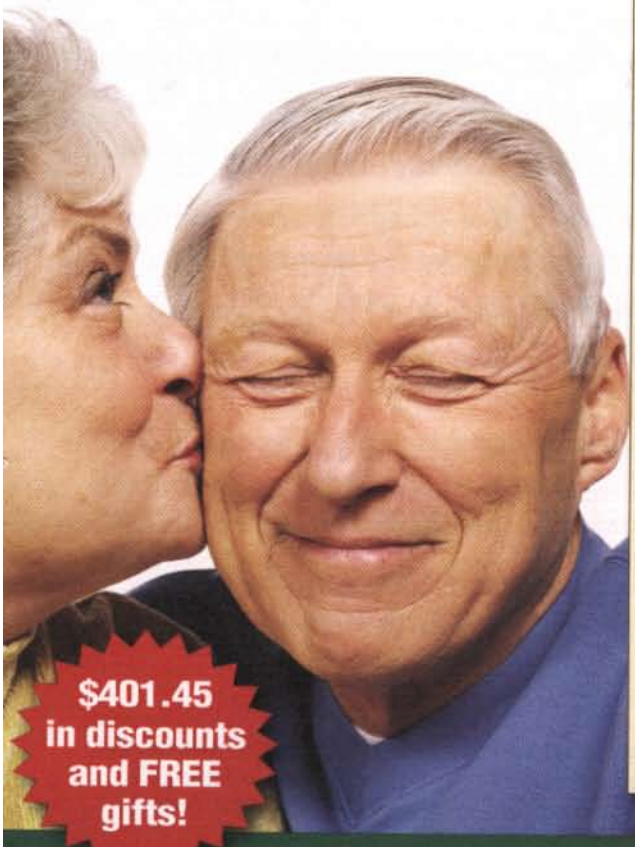
Winter 2009 Prostate Health News $7.95

"How My Enlarged Prostate Saved Me from Going Bald!"

Discover the remarkable "side effect" of Nature's ultimate prostate protector!



Also inside, actual users report:

- Frequent nighttime bathroom visits—Gone!
- Painful, stinging urination—No more!
- A constant full feeling in your bladder—History!
- Soft erections—Now firm and strong again!
- Interrupted sleep at night—A thing of the past!
- Lower back, pelvis, or groin pains—Disappear!
- Low libido—REPLACED WITH ACTIVE SEX DRIVE!
- Low energy levels during the day—LOTS OF ZOOM-ZOOM NOW!

$401.45 in discounts and FREE gifts!

GUARANTEED to work for you—or it's FREE!

Dear Friend,

How many times did you get up to pee last night?

Once... twice... three times or more?

And when you stand at a urinal, are you squeezing out a few drops while the other guys pee like a fire hose?

Or do you dread having to take a leak because you know it's going to sting and burn like heck afterwards?

And what about the embarrassing "after drops?" When you're zipped up and on your way—only to leak out a few more drops in your pants—leaving a noticeable wet spot and embarrassing odor!

If you're one of up to 30 million American men who suffer from prostate problems, you know exactly what I'm talking about, my friend.

And if you're searching for a real solution to help put an end to:

- ▶ Frequent bathroom visits
- ▶ Dribbling and weak urine stream
- ▶ Burning sensation in your groin area
- ▶ Interrupted sleep that drains your energy the next day
- ▶ Pain in your lower back and hips
- ▶ And low sex drive and soft erections...

...Then consider this special report a Godsend! Why?

Because in the next few minutes, you're going to discover how a remarkable, all-natural nutrient can help put an end to your prostate problems and even help get your health back on track. In fact...

...This remarkable nutrient is so effective, it's GUARANTEED to work for you—or it's FREE!

My name is Layne Lowery and I'm president of Health Resources™. Right now, you may be wondering how I can make such an incredible promise. Well...

...When you've got men all across America swearing this remarkable formula helped shrink their swollen prostate to normal size...

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A healthy prostate is the size of a walnut—but it can grow to the size of a plum... lemon... even a grapefruit.

Here's the reason why... It's testosterone! Surprised?

Most men are! Because, after all, testosterone is what makes us guys in the first place!

But by the time you reach the age of 40, your body starts creating more of an enzyme called 5-alpha reductase. This enzyme triggers the conversion of testosterone into dihydrotestosterone (DHT). An overabundance of DHT is the main cause of an enlarged prostate. That's why a prostate formula that doesn't contain nutrients to block DHT isn't worth a hill of beans!

You get the prostate protection you need with every serving of Pros-Food™.

Send for your introductory pack today. Just call 1-800-471-4007!

...Helped lower their PSA levels from the DANGER ZONE back to safe levels...

...And even helped save them from wearing adult diapers!...

...It's easy to make this guarantee! I'm talking about guys like...

► Cyrus W., of Los Angeles, CA who raves about his fast results...

"No longer getting up to pee at night!"

"I have taken your amazing formula for three weeks now and I am happy that it's for real. The sharp pain I was getting is no longer there and I don't wake up at night to go to the bathroom anymore! Thank you!"

► Joel G., from Sacramento, CA who declares...

"Stinging and 'after drips' GONE!"

"Your product helped me eliminate the spray and sting effect when

Next page, please...

urinating and also reduced the number of times I need to urinate. Plus the after drip that soils your clothes is not a problem as before."

▶ Gary L., from Lakeland, FL who's thrilled because his...

"PSA levels plummeted!"

"I've had two operations for an enlarged prostate. Before I started taking your wonderful product, my PSA levels were around 7.0 or 8.0. I just got my results back and the reading was 1.07! I'm sure taking your product made a big difference. Thank you very much."

▶ George W., of Navasota, TX who claims he...

"Dodged prostate surgery!"

"I am working on my second bottle of your powerful prostate remedy and have dodged a prostate operation. Your product is working just fine for me. I am 80 years old, still working every day, and my sex life is fair."

▶ Robert C., from Beverly, MA who's not taking any chances with his prostate because he believes...

"Prevention is the best solution!"

"Your amazing product contains the proper nutrition that a prostate needs to prevent serious problems. I am in my mid-50s and have no prostate problems thanks to your supplement. You just can't let nature take its course and do nothing when your prostate is so important. Serious problems can be avoided."

▶ George W., of Union, KY reports...

"I can play 18 holes of golf again!"

"I am 77 years old and I play golf every day. I used to stop after nine holes to visit the clubhouse, but after taking your great product, I can now play 18 holes without having to stop to visit the restroom."

▶ Ronald R., of New Orleans, LA who proclaims...

"Now, I only dribble on the basketball court!"

"I am very pleased with this product. I no longer get up four to five times a night to go to the bathroom, and I no longer have a sense of an urge to go. And I'm not dribbling like before!!!"

Why are these guys raving about this remarkable prostate protector?

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What is BPH?

BPH (Benign Prostatic Hyperplasia) is also known as enlarged prostate, but the enlarged prostate itself is not really the problem.

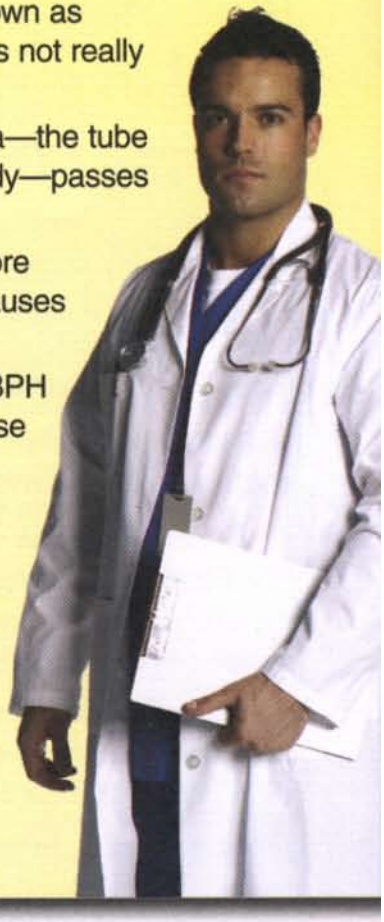
The main problem occurs because your urethra—the tube that carries urine from your bladder out of your body—passes right through the prostate.

As your prostate grows, it applies more and more pressure inward and squeezes the urethra. This causes the urinary difficulties associated with BPH.

Please know that BPH is not prostate cancer. BPH does not cause prostate cancer, nor does it increase your chances of developing prostate cancer.

However, BPH and prostate cancer can have similar symptoms, so it's important to check with your doctor for a medical evaluation when you have any symptoms.

Preventing your prostate from enlarging is the smartest thing you can do to help protect the health of your bladder and other vital organs. Pros-Food™ can help. See the special introductory offer on page 36 for more details.



Because quite frankly, IT WORKS!

Real life healing stories like these (as well as my own personal healing miracle) is why I'm certain you can put an end to your worst prostate problems. That's why I want to introduce you to America's #1 prostate formula. It's called Pros-Food™!

Pros-Food™ is like no other prostate formula available anywhere. Here's why...

Pros-Food™ contains ten powerful nutrients that work together for ultimate prostate protection!

Most prostate formulas give you two... three... or even five nutrients proven to help protect and improve the health of an ailing prostate. But only Pros-Food™ delivers ten targeted nutrients scientifically proven to give you TOTAL PROSTATE PROTECTION. With Pros-Food™, you get:

Next page, please...

The Prostate Plumber!

Beta Sitosterol

Study reports 88% of patients experience relief in just 90 days!

When a few scientific studies show a nutrient works, most people take notice. But when **31 years of research and double blind studies** confirm a nutrient is effective, well, you'd be crazy NOT to listen!

I'm talking about the remarkable prostate protector called **Beta Sitosterol.** According to studies published in the *Journal of the American Medical Association*, beta sitosterol, "improves urologic symptoms and [urine] flow measures."

A landmark study published in the *British Journal of Urology* named this amazing nutrient, "an effective option in the treatment of BPH (enlarged prostate)."

What's more, in a study performed at the University of Bochum in Herne, Germany and published in *Current Therapeutic Research* show men taking beta sitosterol, "improved urinary flow rates, lowered residual urinary volume, and even reduced prostate size."

In fact, a whopping 88% of these men experienced these phenomenal changes in just 90 days!

Here's what makes beta sitosterol such a powerful remedy for your prostate...

This amazing phytonutrient has the uncanny ability to help block the action of the enzyme called 5-alpha-redutase. This is the enzyme that converts testosterone into dihydrotestosterone (DHT).

DHT is one of the main reasons your prostate starts to swell. In fact, if you're in your 60's, you may have four times the amount of DHT as a 40 year old!

If inhibiting the formation of DHT was all beta sitosterol could do, it would still be worth its weight in gold. But this amazing nutrient does more... much more!

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An enlarged prostate may not kill you, but it can get you fired... mess up your love life... and even land you in jail!

Dozing on the job? How can you possibly stay awake at work if you're getting up two... three... four... times at night to pee!

Sorry honey, I can't! The pressure from an enlarged prostate can make it difficult to experience a firm and long lasting erection. Don't let it rob you of your manhood!

Gotta go... gotta go! "Sorry officer, I had to pee," won't get you off from a speeding ticket or traffic court.

Try Pros-Food™ today!

Just call toll-free 1-800-471-4007 to get your introductory pack and up to 11 free gifts!

Made in U.S.A.

Prevents Estrogen from Turning You Into a Woman!

Scientists have now discovered beta sitosterol also helps inhibit the enzyme called aromatase. This is the enzyme that produces a form of estrogen called estradiol. While it's healthy for men to have a little estrogen in our bodies for optimal health, too much of it can...

- Zap your libido!
- Give you "man boobs!"
- Enlarge your prostate!
- Cause you serious potency problems!

Thanks to beta sitosterol, you can now help prevent an abundance of estrogen from zapping your manhood!

Most diets only deliver a miniscule amount of this plant-based nutrient. Pros-Food™ gives you a whopping 400 mg of beta sitosterol. Now you can help safely block the formation of DHT and also help prevent estrogen buildup with every serving of Pros-Food™!

Next page, please...

Has your doctor warned you about the scary side-effects of taking the prostate drug Proscar®?

If you believed all the hype about Proscar®, you'd think it was God's gift for prostate health! It's true that some men have experienced moderate success in reducing prostate size and reducing urinary problems—but is it worth the serious risk to your health?

The truth is, it can take as long as six months before you notice any significant improvement in your prostate health while taking Proscar®. But in the meantime...

...Taking this drug can substantially INCREASE your risk of developing abnormal cells in your prostate! Here's the proof...

Scientific Proof!

"Significant improvement in symptoms and urinary flow parameters show the effectiveness of beta sitosterol in the treatment of BPH (enlarged prostate)."
—*The Lancet*

According to a 1999 clinical study conducted by the prestigious Norris Cancer Institute of the University of Southern California, men taking Proscar® increased their risk of abnormal cell growth in their prostate by 300%. That's not a typo—300 PERCENT!

If that's not bad enough, other side effects include a loss of sex drive... premature ejaculation... and even impotence for goodness sake!

And the drug is so powerful—it can cause birth defects in pregnant women who come in contact with the sperm of a man taking Proscar®!

Another serious—yet little known—side effect is that Proscar® can artificially lower your PSA levels by as much as 60%? Why is this a problem?

Because it can give you a FALSE negative test result! In other words, Proscar® can increase your risk of developing a serious prostate problem, and then...

...It can prevent tests from detecting the most serious health problems!

Isn't that absurd? Thanks to Nature, there is a better alternative for your prostate problems. I call it...

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The Urine Flow Protector!

But you may know this prostate protector as **Saw Palmetto.**

According to numerous trials and studies, saw palmetto has been proven to help maintain healthy urine flow by helping to prevent your prostate from enlarging. In fact...

The American Family Physicians Journal reports, "Studies have demonstrated the effectiveness of saw palmetto in reducing symptoms associated with BPH—benign prostatic hyperplasma (enlarged prostate)." What's more...

...A double blind study performed at the University of Chicago found that men who took saw palmetto had "significant" improvement

Next page, please...

What makers of Proscar® don't want you to know!

"...Numerous studies on saw palmetto extract have shown it to be effective in nearly 90% of patients, usually in a period of four to six weeks. In contrast, Proscar® is effective in reducing the symptoms in less than 37% after taking the drug for one year!"

—Michael Murray, N.D., *Health Counselor* magazine

Here are just a few of the harmful side effects of Proscar®:

- **Decreased libido**
- **Ejaculatory disorders**
- **Impotence**
- **Can cause birth defects in pregnant women via sperm of man taking Proscar®**

Harmful side effects of saw palmetto:

Zip. Zero. Zilch!

For More Information, Call TOLL-FREE 1-800-471-4007

in urinary tract symptoms!

This amazing nutrient also helps the bladder properly empty and even increases healthy urine flow.

And the BEST news is: Saw palmetto does not adversely affect PSA levels!

Take it from guys who've had major scares with their prostate—this is FANTASTIC news! I'm talking about guys like...

Scientific Proof!

"Saw palmetto appears to have the efficacy similar to that of Proscar® but it is better tolerated and less expensive."

—The American Family Physicians Journal

▶ Maurice M., of Turpin, OK who reports he was getting nervous when...

"My PSA levels began to rise again..."

"I am a seven-year survivor from dangerous prostate problems. My PSA was 12.0 and after 39 radiation treatments, it came down to 2.0 and even lower. But recently my PSA began to elevate. I have taken Pros-Food™ for two months and my PSA is down in the 2.25 range again. My urologist tells me my prostate is healthy. Thanks for a wonderful product."

▶ Arthur P., of Ellenton, FL who's proud to report he...

"Got a clean bill of health from my doctor!"

"When I was 85, I had a high PSA count. I looked for a natural food rather than a drug. In July 2004, I ordered a one-year supply of Pros-Food™. By November, my doctor said my prostate was fine. Thank you."

▶ Robert H., of Sun City, AZ who's convinced and says...

"I've got proof it's working!"

"In December I went to my doctor and had him check my prostate and my PSA had dropped from 5.0 to 3.9 so I think Pros-Food™ is working."

▶ Ed A., of Hattiesburg, MS who says he...

"Won't miss a day without taking it!"

"I take three Pros-Food™ capsules per day as the recommended

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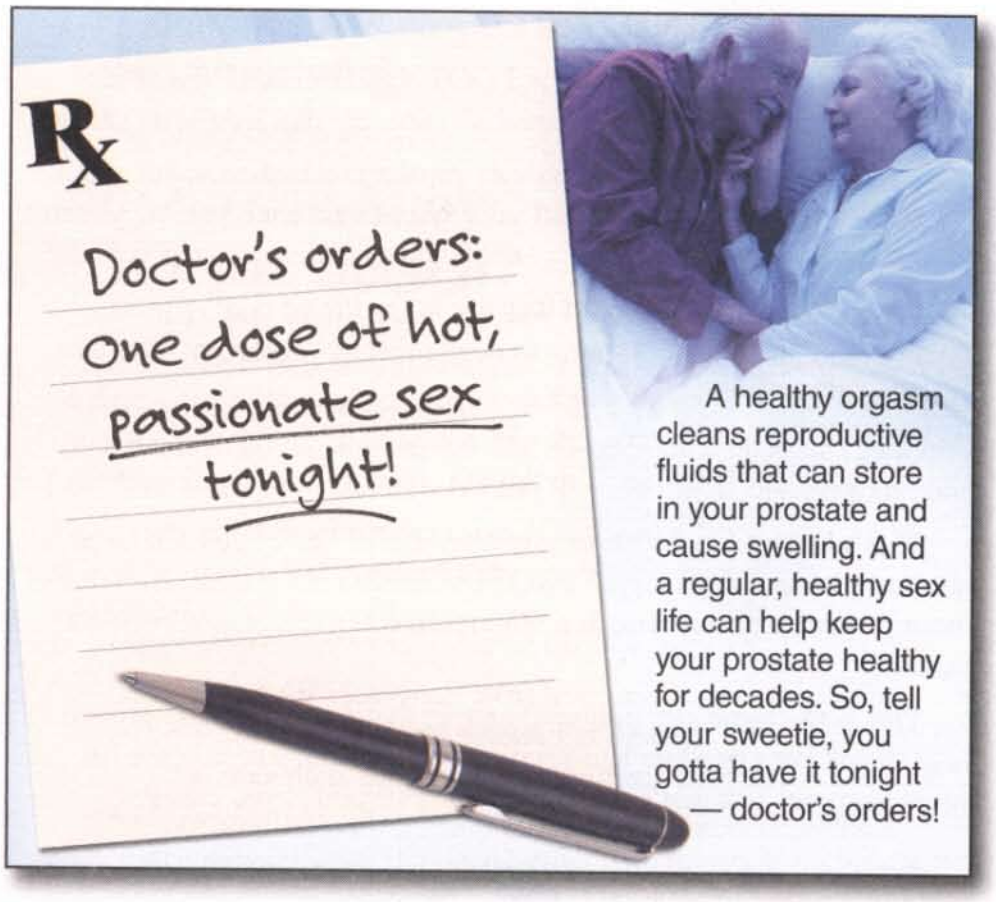

dosage allows. My PSA count has been dropping a little each year from 1.4 to 0.88. I am 70 years old, so my urologist and I are both well pleased."

▶ John R., of San Juan Bautista, CA once a skeptic, now can't help but admit...

"The results so far are positive!"

"I have had no recurring negative symptoms and I will continue to take Pros-Food™ and monitor the situation. I also plan to take another PSA lab test soon."

I became a believer when my own prostate started acting up—and I was only in my 30's!

A few years ago, I was experiencing severe pain in my groin area. Then came pain and burning when I urinated. And I always felt like I "had to go" but when I went, only a few painful drops came out. And, I don't have to tell you how that pain put a lid on my sex life!

My doctor told me I had prostatitis—a common prostate infection—

Next page, please...

and gave me a prescription for an antibiotic. Well, guess what?

Once that infection cleared up, I GOT ANOTHER ONE... and a THIRD infection in just a few months! Then one day it dawned on me...

...Layne, you've got America's #1 prostate formula and you can't keep these bottles from flying off your warehouse shelves—why aren't you taking it yourself?

I can't believe how stupid I was not to try Pros-Food™ FIRST. I really thought I was too young to need prostate protection. But you know what?

Once I started taking Pros-Food™, my prostate problem cleared up—and I haven't had an infection in years! I'm telling you—this stuff works!

That's because every serving of Pros-Food™ gives you ten targeted nutrients that deliver TOTAL PROSTATE PROTECTION! And one of those powerhouse nutrients is a whopping 400 mg's of saw palmetto extract!

This is the same saw palmetto extract that's scientifically proven to help shrink your prostate and keep you peeing like a race horse for years to come! But that's not all. With Pros-Food™, you also get...

The Prostate Guard Dog!

Imagine being able to identify abnormal cells in your body and then triggering a switch that causes them to self destruct—without damaging any of your healthy cells!

Well, you know what? You don't have to imagine it—you can just take the amazing nutrient called **Selenium!**

Researchers have discovered all of our cells have a "suicide switch" that naturally eliminates old and damaged cells. It's a normal cycle of programmed cell death called apoptosis.

But with abnormal cells, the suicide switch sometimes gets stuck and doesn't turn on fast enough. That's why these abnormal cells live like Methuselah—and keep procreating! But an animal study performed at Purdue University made a remarkable discovery...

...The subjects with the highest level of selenium in their bodies

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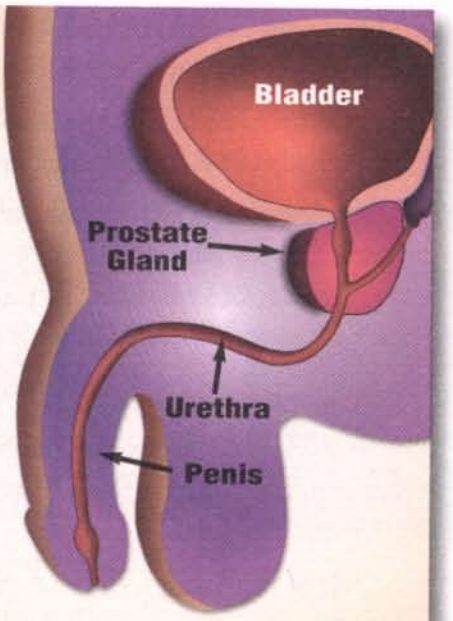
So you've got a prostate— but do you know WHY you need it?



Your prostate should be the size and shape of a walnut and is located under the bladder, directly in front of your rectum. It secretes a milky fluid to:

- Provide fluid for semen
- Help moisten the lining of the urethra
- Protect sperm from the acidic environment of the vagina and cervix

You know what happens when you step on a garden hose...

That powerful stream quickly turns into drabs and dribbles! Well, that's exactly what happens when your prostate becomes enlarged! It presses against the neck of your urethra and almost squeezes the pipe shut. That's why you have a hard time voiding your bladder—and that pressure can be really painful!

Pros-Food™ gives you ten POWERFUL NUTRIENTS for total prostate health!

had twice the level of apoptosis occurring in the prostate tissues! In other words...

...Selenium successfully turned on the abnormal cell "suicide switch" in 42% of the subjects and BLASTED their abnormal cells out of the water! According to researchers...

"...The elevated apoptosis in the selenium-treated animals could put a break on the development of abnormal prostate cells... the cells that are most DNA damaged—and presumably have the highest propensity to be dangerous—may be selectively purged in the presence of supplemental selenium."

This was such a breakthrough discovery that the National Cancer Institute began a massive 12-year human trial to confirm the protective benefits of selenium!

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Other studies have already confirmed the guard dog effect selenium can have on your prostate. For example...

...A study from The American Cancer Society showed, "selenium may be important in reducing prostate risk..."

You simply can't deny the powerful effects selenium can have on your prostate. That's why you get optimum dosages of this prostate nutrient in every serving of Pros-Food™. And men all over the country are glad they now have one reliable source for ultimate prostate protection...

"Healthy flow again!"

"Pros-Food™ has really helped. It has stopped the burning. I'm more relaxed, and the flow is better."

—Michael D., Boynton Beach, FL

"It's much easier to prevent prostate problems!"

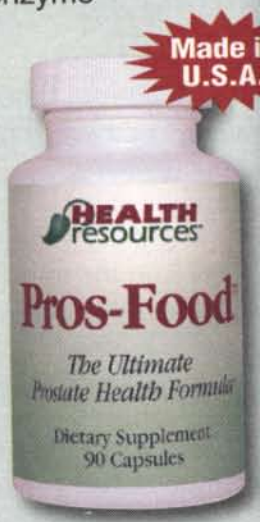
"Fortunately, I have not had any signs of prostate problems. After reading the article, I felt it was well worth the cost to help prevent prostate problems in the future as it is much easier to prevent, than to treat."

—Doug F., Elkton, MD

If you've got "Man Boobs"—your prostate may be in danger!

By the time you reach 40, your levels of the enzyme aromatase significantly increases. This is the enzyme that produces estradiol—a form of estrogen. Too much estrogen can cause your prostate to swell—and cause you to develop "man boobs."

Pros-Food™ contains a whopping 400 mg of beta sitosterol—the remarkable nutrient that naturally inhibits the enzyme aromatase. With Pros-Food™, you can say hello to a healthy prostate and goodbye to man boobs! See page 36 to get up to 11 free gifts just for giving Pros-Food™ a try today!



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"I've tried others—yours is the best!"

"I am on my third bottle of Pros-Food™. After trying several different products, both prescription and natural, Pros-Food™ seems to be making a difference. I will be ordering more soon."

—E. B., Chambersburg, PA

"I've seen major improvements!"

"At 67 years old, I started having prostate trouble—had to get up eight times at night to go pee. I got on Pros-Food™ about three months ago and so far I'm down to four times a night. This is a vast improvement."

—Ed B., Sulphur, OK

So far, you've discovered how Pros-Food™ can help:

- ▶ Block the enzyme that triggers prostate swelling...
- ▶ Prevent estrogen overload from robbing you of your manhood...
- ▶ Can help attack abnormal cells and clobber them before they wreak havoc with your prostate!

Now, you're about to discover the remarkable nutrient that can help prevent normal "wear and tear" damage to your prostate—and even help you grow healthy prostate cells!

Scientific Proof!

A study from researchers at the Harvard School of Public Health reveals, "men with higher levels of the element selenium appear to have a lower risk of abnormal cells in the prostate than those with lower levels of the trace element."

—*Journal of the National Cancer Institute*

In fact, this nutrient works so many wonders for us men—you'd think Nature created it just for us! That's why I call it...

The Ultimate Male Antioxidant!

You probably know antioxidants help destroy free radicals that damage cells... promote the growth of healthy cells... and protect cells against premature aging.

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But did you know there's one powerful antioxidant that's concentrated mostly in your prostate area and working hard to keep that organ healthy?

It's **Lycopene**—the antioxidant that gives tomatoes their red color! And if you're a man over 40—you need an abundance of this nutrient to help fight off prostate problems!

A six-year Harvard study of 48,000 men found that those who ate at least ten servings of tomato-based foods a week slashed their risk of developing abnormal prostate cells by 45%!

If you can't regularly load up on tomato-rich foods, don't worry! Pros-Food™ gives you optimal levels of lycopene in every serving. That way you can help give your prostate the powerful antioxidants it needs to stay healthy. And you can experience prostate health well into your 70's and 80's like these guys...

"71—and getting a good night's sleep again!"

"I'm 71 and since I've been taking Pros-Food™, I feel there is an improvement. I have gone several nights without getting up to go to the bathroom. I plan to continue with Pros-Food™."

—Walter B., Escondido, CA

Doctor Says... "Don't wait as long as I did!"

"I should've started taking Pros-Food™ 20 or more years ago. Maybe I wouldn't have ended up with three prostate surgeries. I take it now to try and prevent further problems. I am 79. I should've started at 60 or before."

—Harold Dupper, M.D.

"At 81, I had a history of prostate problems..."

"I am an 81 year old active individual with BPH that started giving me urination problems prior to 1980. After TURP surgery by a urologist, and an additional treatment two years later, I had a second recurrence of my problems. Since then I have tried several other prostate formulas. I'm now on my fourth month with Pros-Food™, and have reduced the night trips to one in my seven hour sleep period. I consider this a good solution!"

—Robert S., Kalispell, MT

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Is Your Prostate a Ticking Time Bomb?

Age 30:	According to the Army Health Center, "Around age 30, the prostate begins a slow change, causing it to enlarge. You're generally unaware of this gradual change, unless enlargement causes the prostate to press on the urethra or bladder, causing a change in urination. Preventative health care is critical..."
Age 40:	You can start to feel the early effects of an enlarged prostate: Frequent urination... dribbling when you pee... and never completely voiding your bladder after urination.
Age 50:	According to medical expert, Roger Mason, author of the research paper, *"The Natural Prostate Cure,"* one-in-three men already have abnormal cells in their prostate by their 50th birthday.
Age 60:	Odds are two-to-one you'll have prostate problems by the time you are 60. By age 65, most men are dealing with serious problems from enlarged prostates. *The Nutrition Action Newsletter* estimates that 89% of men will have prostate problems in their lifetime!
Age 70 and older:	By age 75, three out of four men—that's a whopping 75% chance—will develop abnormal cells in their prostate! Even more experience poor urine stream... frequent nighttime urination... and a decrease in libido!

But there's good news—REALLY good news! Prostate problems can be avoided if you take action now! With Pros-Food™, you get ten essential nutrients that are critical for a healthy prostate! What's more, these nutrients are completely safe—and don't come with a list of nasty side effects! Send for your introductory pack today! Call 1-800-471-4007!

"Sex life much improved at 72!"

"I have been using Pros-Food™ for two months. It really helps my prostate out. I don't go to the bathroom too much at night anymore. And my sex life is a lot better. I am 72 years old."

—Donald H., Sr., Warren, OH

Quite honestly, taking beta sitosterol... saw palmetto... selenium... and lycopene together can help give you adequate prostate support.

Continued on page 20...

Here's why satisfied customers are THRILLED with Pros-Food™—America's #1 TOTAL Prostate Formula!

"Bathroom visits more satisfying!"

"I've been on Pros-Food™ now for several months. It makes the trip to the bathroom much more satisfying. Reminds me of a book I once heard of that fabled author —I.P. Freely."

—Jeff P., Arroyo Grande, CA

"At 85, I've got more energy!"

"After taking your Pros-Food™ supplements for a month, I've found my immunity is 100% better and I feel good. I'm 85 and have the zip to still play tennis doubles four to five times a week, weather permitting."

—Myron P., Orange City, FL

"Tried others—but yours is the best!"

"I've tried several prostate herbs in the past four years. But I will say Pros-Food™ has helped me more than the others. I highly recommend this herb and I thank you very much for it."

—Mancel O., Chesterfield, IL

"I'm a customer for life!"

"I am a 51 year old male who has used Pros-Food™ for the last three to four years. I remain symptom free and my PSA level has remained low. Pros-Food™ will be a part of my supplementation for the rest of my life."

—Charles M., Woodstock, GA

"You made me a believer!"

"In June I had a PSA reading of 4.5. I received my *Health News*™ and there were articles about Pros-Food™ and how it had lowered other men's PSA. I immediately ordered some. After taking Pros-Food™ for six months my PSA reading is 1.94. Pros-Food™ has made me a believer."

—Don B., Brazil, IN

"Now I can get some sleep!"

"My husband Merv is 73 years old and was diagnosed with an enlarged prostate. This caused frequent urination especially at night. After taking Pros-Food™ for one month, he has noticed a change from going to the toilet four times a night to once... maybe twice."

—Merv's wife, Irene H., Casa Grande, AZ

"I'm off the dangerous drugs!"

"For ten years I was taking Hytrin for high blood pressure. I am now 77. My condition changed and my blood pressure was low so I stopped taking Hytrin and discovered I could not urinate. I was forced to take Hytrin every three or four days even though it gave me low blood pressure. Your Pros-Food™ literature came in the mail and I ordered the same day. Two weeks after starting Pros-Food™ I was off the Hytrin and still am. Thanks for the great results."

—William R., Treasure Island, FL

"My doctor says my prostate is shrinking!"

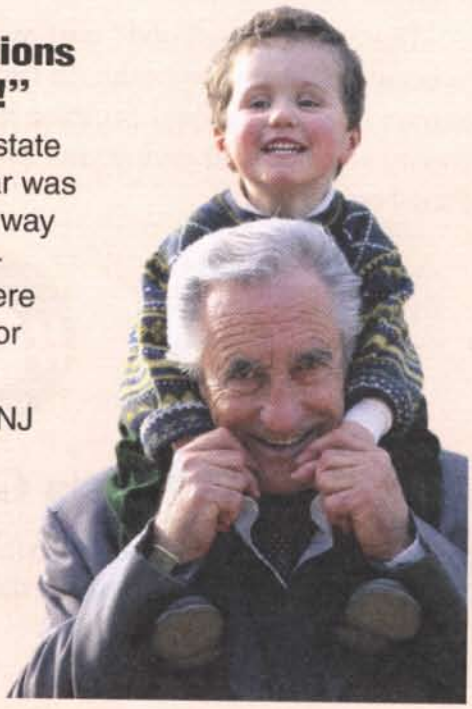
"Miraculous as it may sound, I have been using Pros-Food™ for six to eight months on a regular basis, with terrific results—as my primary M.D. says, 'I don't know what you are doing but keep it up. Your prostate is shrinking in size.'"

—John C., Oviedo, FL

"Prostate infections have cleared up!"

"I thought having prostate infections twice a year was going to be a normal way of life for me. I've been using Pros-Food™ about seven months and there is definitely a change. No burning or pain, and less frequent urination."

—James S., Spring Lake, NJ



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Continued from page 17.

That's why most of the competitors' formulas stop there. But why settle for average when you can get TOTAL PROSTATE PROTECTION!

Only Pros-Food™ gives you all ten essential prostate nutrients scientifically proven to help you restore and maintain prostate health! That's why you also get...

The Asian Edge!

It's no secret that Asian men have healthier prostates than Americans. One reason is they eat more plant-based foods loaded with isoflavones!

You've probably heard of soy—one of the most popular foods loaded with healthy **Isoflavones.** But according to new research, there's another isoflavone-rich nutrient that works wonders for your prostate. In fact...

A review article written by Aaron Katz, M.D. Director, Center for Holistic Urology and published in the *Journal of Alternative and Complementary Medicine* (volume 8, number 6) revealed that, "Isoflavones from red clover extract appear to be the best alternative treatment for prostate health."

That's why Pros-Food™ ensures you get this essential phytonutrient to boost your prostate health. In fact, you get 160 mg of red clover extract in every serving! So, even if you don't eat as healthy as you should—you're still giving your prostate ultimate protection with Pros-Food™!

The "Gotta Go" Controller!

Centuries ago, when native Africans felt a constant urge to pee, they'd use the powdered bark of the evergreen African prune tree as a solution for urinary disorders.

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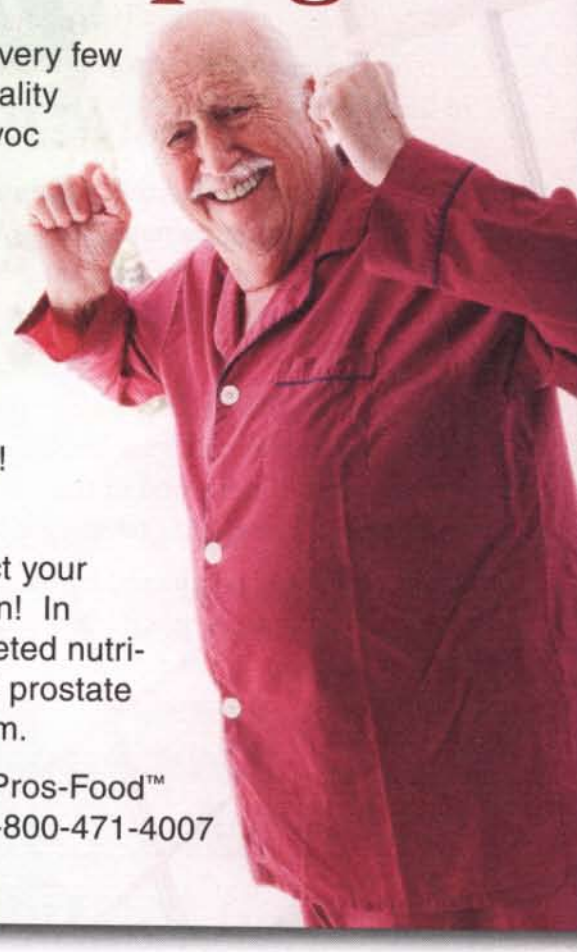
Get some sleep again!

If you're getting up to pee every few hours—you're losing out on quality sleep—and that can wreak havoc with your entire body. Without adequate sleep, you'll likely experience:

- Dull thinking!
- Slower reflexes!
- Premature aging!
- Poor sexual performance!
- And low energy levels!

Pros-Food™ can help protect your prostate so you can sleep again! In every serving, you get ten targeted nutrients to help shrink an enlarged prostate and restore normal urine stream.

Right now you can sample Pros-Food™ completely RISK-FREE! Call 1-800-471-4007 to get your introductory pack!



Europeans saw the dramatic beneficial effects and quickly took this remedy back to their homeland. That's why today ***Pygeum Africanum*** is still the herb of choice for Europeans with enlarged prostates.

Research shows this African herb contains phytosterols that can help relieve inflammation in the prostate. What's more, several other studies show pygeum acts as a mild antibiotic—which is why it helps relieve the symptoms of prostatitis—including the frequent urge to go.

One double-blind study showed that taking 100 mg of pygeum a day was 66% effective in treating symptoms of BPH. And numerous other studies show this amazing herb also helps reduce prolactin levels—this is the hormone that can give you "man boobs!"

With this strong evidence of the effectiveness of pygeum, we simply had to include this amazing prostate herb in Pros-Food™!

Next page, please...

The Prostate Recovery Herb!

Scientists have found that combining pygeum with **Urtica Dioica** (also known as stinging nettle root) can have a highly therapeutic effect on the prostate gland. In fact, European doctors commonly prescribe an urtica/pygeum combination for patients who suffer from prostate disorders.

In a recent study, using this powerful combination on 2,080 patients suffering from BPH a, "vast majority showed marked improvement in their symptoms by the end of the study." Yes, most of these guys recovered from years of prostate problems!

Another study conducted by the Department of Clinical Pharmacology of Tokyo College of Pharmacy in Japan investigated the effects

Every adult male can experience prostate problems— even the rich and famous!

But with Pros-Food™—you can now get TOTAL PROSTATE PROTECTION!

Prostate problems can happen to any man. And the older you are, the higher your risk of developing an enlarged prostate or worse. That's why taking action NOW is the best medicine you can give your prostate!

With Pros-Food™, you get ten targeted nutrients especially designed to boost the health of your prostate! These nutrients are scientifically proven to help shrink an enlarged prostate... help you restore a healthy urine stream... eliminate the feeling of fullness in your bladder... and help you maintain a healthy sex drive well into your 90's! There's just nothing better you can do to protect your prostate!

And right now, you can sample Pros-Food™ completely RISK-FREE! See page 36 for details!

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of urtica on BPH. The result? The herb was shown to, "inhibit certain activity in the prostate to suppress prostate cell metabolism and growth."

Life Extension magazine reported on a study where men with prostate problems taking urtica, "experienced an 86% improvement in just three months!"

Whether alone or with Pygeum, Urtica is a must-have remedy for prostate problems. And you'll get them both in Pros-Food™!

The Ejaculation Savior!

You've probably known for years that **Pumpkin Seeds** provide powerful prostate protection. In fact, a German study of 2,245 men

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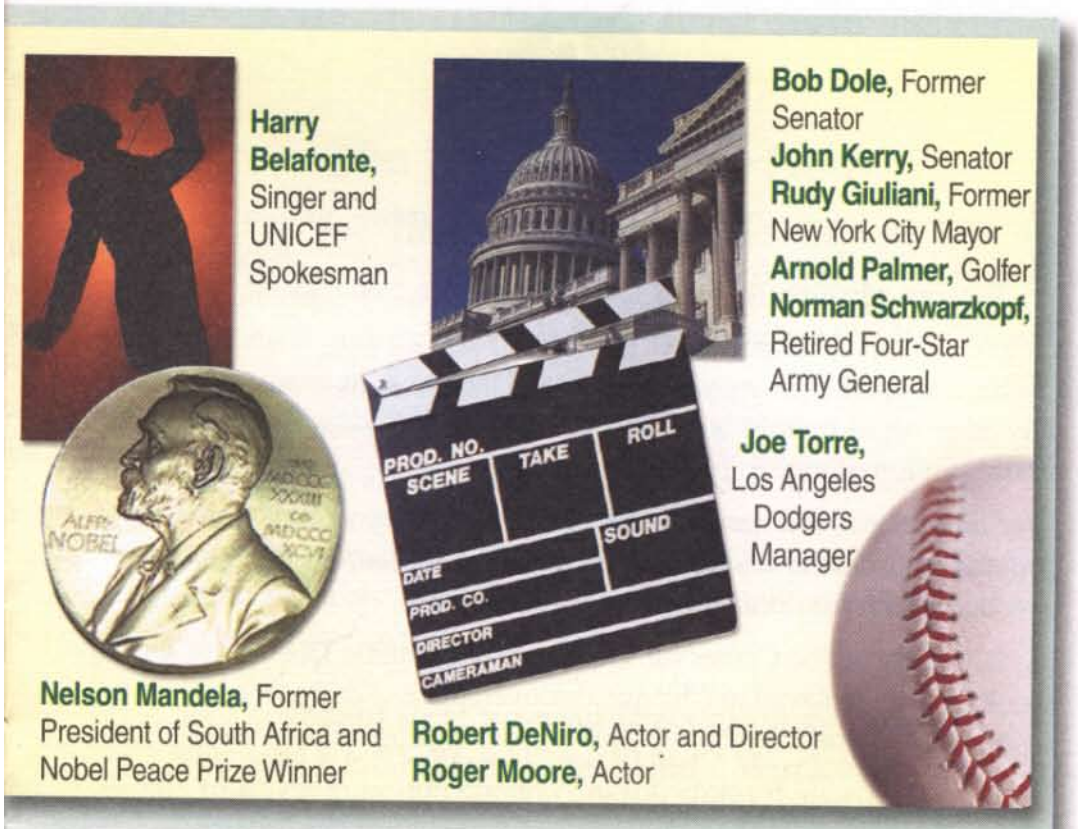

These celebrities are candid about their prostate problems.
They are not paid spokesmen or users of Pros-Food™

revealed that pumpkin seeds are, "effective in reducing prostate symptoms without side effects—especially in the early stages."

But what you may not know is that pumpkin seeds contain a rare amino acid called myosin—and it's critical for a healthy sex life! Why?

Because you need myosin in order for your muscles to contract. And it's muscle contraction that stimulates your prostate to release the milky fluids that produce a healthy ejaculation!

That's why I can confidently say: With Pros-Food™ —you can help protect your prostate—and your sex life!

What's more, recent Swedish clinical trials found the oil found in pumpkin seeds combined with saw palmetto effectively improved enlarged prostate glands!

This is an example of synergy—nutrients working together to give you even MORE healing power!

That's why there's nothing better than Pros-Food™! You get ten targeted nutrients delivering the scientifically proven goods directly to your prostate! Try Pros-Food™ for yourself—and you'll become a believer too!

The Sperm Fuel!

Without adequate levels of the mineral **Zinc,** you may be "shooting blanks" —if you can get the shot off at all!

This is probably why your prostate gland contains more zinc than any other organ in your body. Sperm and seminal fluids need a high concentration of zinc to function properly!

So it's no wonder research studies show when you give your prostate optimum levels of zinc—you can help ensure you experience prostate health for decades to come! In fact...

...A study at The Center for The Study of Prostatic Diseases at the Cook County Hospital in Chicago discovered that, "daily zinc improved or completely eradicated symptoms of serious prostate problems!"

If your prostate formula doesn't contain optimum levels of zinc—you're not getting TOTAL prostate protection! But don't worry—Pros-Food™ can help you restore and maintain prostate health. So try it today!

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Gotta go... but you can't?

Richard G., from Wellston, OH writes that since he developed prostate problems, "I don't go right away and then I go and then stop. Go again and stop. I never know whether my bladder is empty. Sometimes I feel like I have got to go, but I can't. So then I try again later. The stream is small."

Do you feel as frustrated as Richard? If so, there's hope! Pros-Food™ can help. Try it for yourself completely RISK-FREE. If it doesn't work—you pay nothing! That's fair, right?

Call 1-800-471-4007 today!

The Prostate Safety Net!

When you're getting optimum levels of zinc—you've got to boost up your supply of **Copper!** Why? Because zinc naturally depletes your copper storehouse. And you need copper to fight free radical damage... maintain healthy circulation (especially in the genitals)... and keep your bones strong and healthy. Plus a copper deficiency can lead to anemia and even lower your levels of the good HDL cholesterol.

That's why we include additional copper as a "safety net"—to guarantee you get optimal levels in every serving. That's what I mean when I say Pros-Food™ is a TOTAL PROSTATE FORMULA. You get ten prostate nutrients—including the right zinc and copper balance—for optimal prostate health!

Try it and Pee! Special Introductory Offer. See and FEEL How Pros-Food™ Works for You!

Hey, I believe in putting my money where my mouth is. I've seen how Pros-Food™ can help you once again:

Next page, please...

- ▶ Experience healthy and strong urine flow...
- ▶ Put an end to stinging and burning pain in your groin area...
- ▶ Sleep five, six, even seven hours at night without waking up to pee...
- ▶ Have long-lasting energy...
- ▶ And get your sex life back on track!

That's why I'm willing to make you this unbeatable Risk-Free offer to try Pros-Food™ for yourself...

You can save up to $401.45 and receive 11 valuable gifts, FREE!

Here are nine excellent reasons why now is the best time to try Pros-Food™...

REASON #1: During this special introductory offer, you can save up to $150 on Pros-Food™.

That's a 35% savings off the regular price. And it's the ROCK BOTTOM price for this remarkable prostate saver!

REASON #2: You receive up to **three FREE bottles** of Pros-Food™—a $104.85 value! This is the same remarkable prostate formula that can help you put an end to...

- ▶ Frequent nighttime bathroom visits...
- ▶ Painful, stinging urination...
- ▶ The constant "need to pee" feeling in your bladder...
- ▶ Low sex drive...
- ▶ Soft erections...
- ▶ Interrupted sleep at night...
- ▶ Lower back, pelvis, hip, and groin pain...
- ▶ Daily energy slumps!

And you get up to three bottles of Pros-Food™—valued at $104.85 absolutely FREE during this limited time, special introductory offer!

REASON #3: It's embarrassing... annoying... and even exasperating. But now, it's controllable! In this new special report, you'll discover how to ***End the Bathroom Visits, Stinging & Dribbling***—a $19.95 value, yours FREE!

The key to controlling these annoying symptoms is to find out what's really causing your midnight treks to the bathroom. In this jam-packed special report, you'll

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To keep your prostate healthy— EARLY DETECTION is the key!

According to the American Urological Association, there are specific signs that can alert you to possible prostate problems. Early detection can allow you to prevent your prostate from swelling to the size of a grapefruit! Answer the questions below to uncover hidden signs of prostate danger.

DO YOU...

- ☑ Urinate frequently (less than two-hour intervals)?
- ☑ Often feel your bladder is not completely emptied after urinating?
- ☑ Have to stop and start several times during urination?
- ☑ Frequently find it difficult to postpone urination?
- ☑ Regularly experience a weak, dribbling urine stream?
- ☑ Frequently push or strain to begin urinating?
- ☑ Wake up more than two times a night to urinate?

If you answered YES to one or more of the questions above, you should take action NOW to protect your prostate!

With Pros-Food™, you can deliver powerful prostate-specific nutrients to boost the health of your prostate!

And now, you can try Pros-Food™ completely RISK-FREE.

If the symptoms named above don't disappear— you get all your money back! That's a fair deal, don't you think?

Send for your introductory pack of Pros-Food™ today!

See page 36 for details!

uncover some amazing culprits—and simple solutions. For example...

- **Popular foods that over stimulate your kidneys and irritate your bladder!** Eliminate them from your diet and experience long lasting sleep at night!
- **Is your blood pressure medicine triggering frequent nighttime bathroom visits?** Probably—and so do many more popular medicines listed in your special report!

Next page, please...

- **#1 cause of nocturia (frequent nighttime urination) in men over 40!** Good news: It's TREATABLE!
- **These self-help strategies really work!** Seven proven techniques that control urination from urge to surge!
- **Amazing "zipper trick" helps you pee like a fire hose again!** Works in just seconds!
- **15 questions to discuss with your doctor before you agree to medical treatment!** Take this list to your next office visit!
- **And much more!**

REASON #4: Want to discover a few simple tricks that can deliver vibrant health and living in record time? You will, in the new special report, ***The 20 Best Rejuvenation Tips for Men***—a $19.95 value, yours FREE!

In this eye-opening special report—for men only—you'll discover how the latest research shows you can look and feel decades younger... enjoy a satisfying sex life well past your 90's... and create endless energy that lasts all day—and night! For example...

- **Tip #7: Remarkable "Beer Diet!"** New weight loss discovery helps the pounds melt away!
- **Tip #3: Discover the "slanting" trick that boosts brain cells... gives you great looking skin... and even helps you grow a healthy head of hair!** And it takes just minutes a day!
- **Tip #12: Why most men feel old before their time!** It's not age—it's a deficiency! And it costs just pennies to fix!
- **Tip #9: The key to a healthy heart and supple arteries!** Revolutionary therapy unclogs arteries and helps you say NO to bypass surgery!
- **Tip #10: Nature's alternative to Viagra®!** Gives you firmer, stronger erections—without the nasty side effects!
- **Tip #13: Unleash high octane energy fuel to your cells!** Now you can feel better than ever!
- **And much more!**

REASON #5: A MUST HAVE for every man over 40! You'll receive the health-saving special report, ***Understanding Your PSA Results***—a $19.95 value, yours FREE!

In this fact-filled report, you'll get the full story behind this much touted test—and finally understand what the results really mean! For example...

Continued on page 30...

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How My Enlarged Prostate Saved Me From Going Bald!

Jason B., dreaded going to the doctor. But he was frustrated by his weak urine stream and getting up three to four times at night to pee. He got a "wake up call" to take action when he fell asleep on his job—as a heavy machine operator!

When test results showed that Jason had Benign Prostatic Hyperplasia (BPH) he decided to go the natural route to help shrink his swollen prostate. That's when he discovered saw palmetto.

Several months later, Jason's urine stream improved significantly and his night-time bathroom visits were greatly reduced.

But Jason discovered a remarkable "side effect" of taking saw palmetto—his once noticeable bald spot was now covered with a soft carpet of hair!

What Jason—and most guys—don't know is that saw palmetto has been used by American Indians for centuries to help stimulate healthy hair growth.

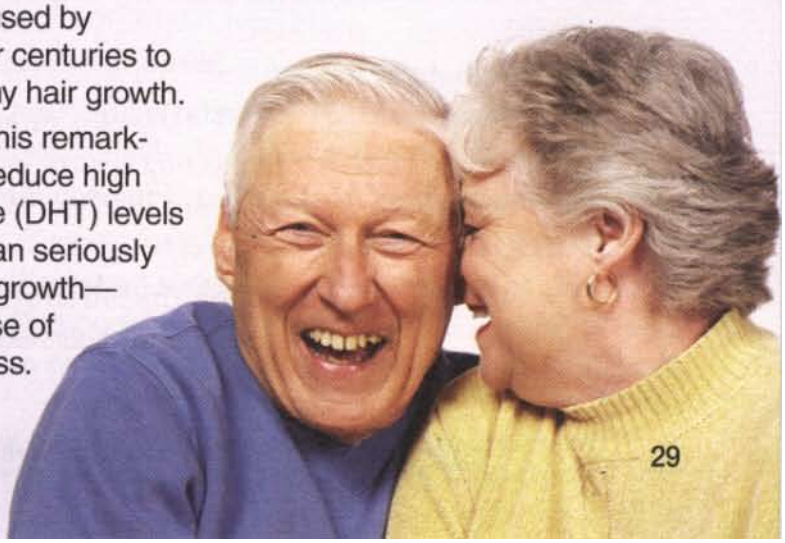
That's because this remarkable nutrient helps reduce high Dihydro-testosterone (DHT) levels in the blood which can seriously damage hair follicle growth—and is the main cause of male pattern baldness.

Men taking saw palmetto often notice an end to their receding hairlines and hair growth on their scalp when they take as little as 160 mg daily of saw palmetto!

The good news is Pros-Food™ contains a whopping 400 mg of Saw Palmetto! So in addition to protecting your prostate, you're getting optimum levels to help boost healthy hair growth!

Made in U.S.A.

What's more, Pros-Food™ is a TOTAL prostate formula. That means you get ten targeted nutrients to enhance and even restore prostate health! And you get all this in every serving of Pros-Food™! Send for your introductory pack today! See details on page 36!



Continued from page 28...

- **Why a high PSA reading may not necessarily mean you have prostate cancer.** Surprising cause of false positive results!
- **If you had sex last night—please DON'T take a PSA test in the morning!** What your urologist may forget to tell you!
- **Popular drugs that give you a FALSE low PSA reading!** You may know about Proscar®—but there are many more!
- **Which is best for you: Digital Rectal Exams (DRE) or PSA test?** Surprising answer for men over 40!
- **Does PSA screening really work?** Noted experts speak out!
- **What the PSA numbers really mean!** Simple chart shows your risk level!
- **And much more!**

REASON #6: Think about the best sex you've ever had. Now, imagine experiencing it again and again! You can with the help of the amazing new special report, ***10 Foods and Herbs That Stimulate Your Sex Drive... And 10 That Don't!***—a $19.95 value, yours FREE!

The truth is, your body is made to enjoy sex for as long as you're breathing. Nature even provides a bounty of nutrients to boost your libido... keep the plumbing in top shape... and even help you perform better than ever! In this remarkable special report, you'll discover amazing foods and nutrients that can put your sex life into OVERDRIVE! For example...

- **Nature's sex drive stimulators!** Ten foods and herbs that keep you going longer than the Energizer Bunny™!
- **Casanova's secret revealed!** Now you can deliver and receive EXTRA pleasure in bed!
- **Conquer the #1 libido robber!** Identifies and shows you how to clobber it for good!
- **How to turn your partner on!** Miracle herb works for men and women!
- **Worried about soft erections?** You won't be when you discover the foods that turbo charge your hormones!
- **And much more!**

REASON #7: Can you really reverse aging? According to scientists: Yes, you can! And you'll discover how in the eye-opening special report, ***Turn Back the Clock: Reverse Aging With Nutrition and***

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Prostate HELL!

It's bad enough not being able to pee when you need to, but it's even worse when you can't even control *when* you go! John S., of Elizabeth, NJ recalls his moment of prostate hell:

"It was my only daughter's wedding day and I was beaming as I walked her down the aisle. Midway to the altar, I felt a burning pain in my groin that lasted just a few seconds.

When I sat down, my wife Miriam said, "John, you better go to the restroom." I looked down and saw a wet spot right in front of my pants."

Too bad John didn't know about Pros-Food™! In this prostate-protecting formula, you get ten powerful nutrients working together to help keep your prostate in optimal health. With Pros-Food™, you can help prevent prostate hell!

Send for your RISK-FREE introductory pack today!
Call 1-800-471-4007!

Live a Better Life—a $19.95 value, yours FREE!

In this special report, you'll discover the simple secret that helps you dramatically "de-age" your body. And it works whether you're 50... 60... or over 70! Plus, you'll uncover 21st century "fountains of youth" that can help you enjoy a longer, healthier life! Remarkable life-enhancing secrets such as...

- How to **add more LIFE** to your years!
- The real **reason you get sick!**
- How to **dramatically increase your expected lifespan!**
- How to EAT MORE and **weigh LESS!**
- Five rules for **health and a long life!**
- How to **UNDO years of bad eating habits!**
- Cheap and non-toxic remedy for a **better body!**
- America's **vitamin conspiracy**—and how NOT to get conned!
- **If you're fat**—it may not be your fault! Tells you why!
- Simple **breathing trick** adds years to your life!
- **And much more!**

Next page, please...

REASON #8: If you're concerned about your memory and brain health—you simply MUST READ this special report! It's called ***Beat Mental Decline and Have a Beautiful Mind***—a $19.95 value, yours FREE!

Right now, nearly four million Americans suffer from severe mental decline. And according to *Medline Plus Medical Encyclopedia,* this number is, "expected to skyrocket by 350%" in the next few years! But the truth is, Alzheimer's is NOT a normal part of aging!

In this brain-saving special report, you'll discover:

- **Nature's powerful brain-saver!** All-natural nutrient boosts brain power and learning ability in record time!
- **The surprising link between depression and severe mental decline!** Study from St. Luke Medical Center reveals remarkable discovery!
- **Ten early warning signs of mental decline!** This easy to use checklist can save your brain—and your life!
- **Why many people are misdiagnosed with Alzheimer's!** These common health problems mimic Alzheimer's—and many can be easily treated!
- **Seven-minute test quickly detects memory problems!** Recommended for folks over 50!
- **The secret to healthy aging and brain health!** New research reveals exciting treatments for sharper and clearer thinking at any age!
- **And much more!**

REASON #9: Health Resources™ pays for shipping and handling when you order six or more bottles! A $6.95 value!

Shipping and handling will cost you absolutely nothing! That's right—it's FREE! Add it up yourself: That's a total of $401.45 in discounts and FREE gifts just for giving Pros-Food™ a fair try.

But right now, I must ask you this favor...

Please, DON'T take my word for it—I want you to experience a healthy and strong urine flow again and put an end to a host of prostate problems. Pros-Food™ will help or YOU PAY NOTHING!

Thousands of happy and satisfied customers write to tell me...

- "Pros-Food™ is the best product I've taken to help my prostate."
  —Eugene W., Kansas City, MO

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- "100% satisfied!"
  —Felix R., Henderson, NV
- "My sexual activities are improving."
  —Carl H., Sarasota, FL
- "No more getting up at night."
  —David B., Leon, IA
- "I have gotten real results from using Pros-Food™. My energy is back and I feel much better."
  —Michael K., Houston, TX
- "You made me a believer."
  —Marvin G., Elk River, MN
- "I think it's great stuff."
  —Roger V., Livermore, CA

That's why I'm convinced Pros-Food™ will work for you too. And so it's no problem for me to offer the strongest guarantee available anywhere! So here it is...

Call TOLL-FREE 1-800-471-4007 right now and ask for your introductory order of Pros-Food™ at the LOWEST PRICE AVAILABLE ANYWHERE.

Now, here's where this offer is simply UNBEATABLE!

Use Pros-Food™ FOR AS LONG AS YOU LIKE. You must SEE and FEEL real, significant, and dramatic improvements in your prostate health.

If you are EVER dissatisfied with your results—just return the unused portion—even if it's down to your very LAST capsule!

Health Resources™ will promptly refund your entire purchase price—that's 100%... six months... or even a YEAR or more after using Pros-Food™!

Quite honestly, my company would go out of business making that kind of promise if I weren't 100% positive you will SEE and FEEL the difference Pros-Food™ will make in your life!

And, if you ever decide to return Pros-Food™, you can still keep all the valuable gifts you received. That's a value of $401.45—absolutely FREE!

I think that's fair, don't you?

If you could sleep through the night without having to get up and pee three... four... five times or more, imagine how much better

Next page, please...

you'd feel all day long! Pros-Food™ can help you—I promise!

In these past few minutes, you've discovered America's #1 prostate formula—loaded with ten essential nutrients that work together to help put an end to your worst prostate problems...

...You've seen scientific proof from leading medical journals like the *New England Journal of Medicine* and the *Journal of the National Cancer Institute* as well as research studies from renowned institutions such as the American Association for Cancer Research and Harvard School of Public Health that prove the nutrients found in Pros-Food™ REALLY WORK!

...You've met real guys, just like you, who got their health and sex life back on track thanks to Pros-Food™...

...Now it's time for you to decide the kind of health you want to experience for the rest of your life.

Now you can help protect your prostate... experience restful sleep again... put an end to "after drips" and embarrassing wet spots... and IMPROVE YOUR SEX LIFE. For just pennies per serving, Pros-Food™ is a screaming bargain!

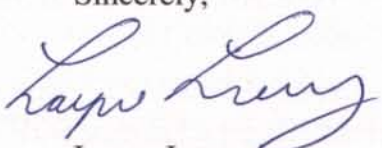
Please remember: You have absolutely nothing to lose by accepting this no-strings attached offer. If you're not 100% satisfied—you get every red cent back!

So what are you waiting for? Call TOLL-FREE 1-800-471-4007 now and Health Resources™ will rush you Pros-Food™ and all your FREE gifts.

Or, if you prefer, you can mail in your order form located on page 39 and send it in the postage-paid envelope included.

Either way, you'll promptly receive Pros-Food™ America's #1 Prostate formula—to help you put an end to your worst prostate problems—and keep you healthy for decades to come!

Sincerely,



Layne Lowery
President, Health Resources™

P.S. Since you get an 100% Unconditional Money-Back Guarantee from Health Resources™—why not stock up and save BIG! Try the

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12-month introductory pack and get Pros-Food™ for the LOWEST PRICE AVAILABLE ANYWHERE! Plus, you get a boatload of FREE gifts too!

P.P.S. Speaking of free gifts, when you send for your introductory pack within the next ten days, you'll receive a 7th special report. It's called ***Natural Vs. Synthetic: The Shocking Truth About Vitamins!*** This is a really important report because you're probably taking one or more vitamins a day. But did you know you could be taking *synthetic* vitamins that are useless to your health—and not even know it?

It's true! In fact, a study from Finland published in the *New England Journal of Medicine* reports taking synthetic vitamins is worse than starvation!

In this special report, you'll discover how to avoid a vitamin health disaster—and how to restore your health with Mother Nature's REAL vitamin solutions!

You'll also discover...

- **The dirty little secrets vitamin manufacturers don't want you to know!** What they're NOT telling you can cost you a bundle of cash—and even jeopardize your life!
- **If you suffer from kidney problems, beware of high potency vitamins!** Learn of this surprising discovery!
- **The case AGAINST vitamin E—**why this popular nutrient is getting a bad rap!
- **How P.O.W.'s restored their health with vitamin B complex!** Their accidental discovery can work wonders for you today!
- **A little known cause of heart disease!** If you think it's genetics—guess again!
- **And much more!**

Don't miss out. Call 1-800-471-4007 today to reserve your FREE copy!

Next page, please...

Special Introductory Offer!

Claim your $401.45 in Discounts and FREE Gifts Today!

Made in U.S.A.

Very Best Value!

12-month supply of Pros-Food™ for only $269.40
(I save $150 off the regular price!)

11 Valuable gifts–
YOURS FREE!

3 additional bottles of Pros-Food™ absolutely FREE—a $104.85 value!

FREE!

7 FREE Special Reports—valued at $139.65:

- **Report #1:** *End the Bathroom Visits, Stinging & Dribbling*—a $19.95 value, yours FREE!
- **Report #2:** *The 20 Best Rejuvenation Tips for Men*—a $19.95 value, yours FREE!
- **Report #3:** *Understanding Your PSA Results*—a $19.95 value, yours FREE!
- **Report #4:** *10 Foods and Herbs That Stimulate Your Sex Drive... And 10 That Don't!*—a $19.95 value, yours FREE!
- **Report #5:** *Turn Back the Clock: Reverse Aging With Nutrition and Live a Better Life*—a $19.95 value, yours FREE!
- **Report #6:** *Beat Mental Decline and Have a Beautiful Mind*—a $19.95 value, yours FREE!

FAST RESPONSE BONUS!

Get this 7th FREE REPORT when you respond within 10 days!

- *Natural Vs. Synthetic: The Shocking Truth About Vitamins*—a $19.95 value, yours FREE!

FREE shipping & handling—valued at $6.95!

For More Information, Call TOLL-FREE 1-800-471-4007

100% Unconditional Lifetime Money-Back Guarantee!

If you've taken the time to read this special report, you're obviously concerned about the health of your prostate. So I want you to SEE and FEEL for yourself how Pros-Food™ can help you put an end to...

- Frequent nighttime bathroom visits.
- Weak urine stream... "after drops"... and embarrassing "wet spots."
- Stinging pain while urinating.
- Annoying "gotta go" urges.
- Low sex drive.
- Interrupted sleep.
- Energy slumps during the day.
- Soft erections.
- Lower back, pelvis, and groin pain!

What's more, Pros-Food™ will feed and nourish your prostate with ten targeted nutrients designed to help you fight off prostate problems common to men over 40!

If for any reason you're not 100% satisfied with your results, simply return any unused bottles (even if it's your LAST bottle) for a full refund. All the gifts you received with your introductory order are yours to keep. They're my way of saying thanks for giving Pros-Food™ a try! I think that's a fair offer, don't you?

Layne Lowery
President, Health Resources™

ORDERING IS EASY!

1.) **Make your selection.**

2.) **Complete the order form.**

3.) **Mail the order form and payment in the postage paid envelope to:** **Health Resources™** • P.O. Box 3623, Hueytown, AL 35023

OR

For Faster Service Call Toll-Free

1-800-471-4007

We're open 24 hours a day, seven days a week.

OR

Fax BOTH sides of the order form to

1-800-941-6920

Pros-Food™ Gift Reservation Certificate

$401.45 in Discounts and FREE Gifts ● 100% Risk-FREE ● Free Shipping & Handling!

☑ **YES!** I want to pee without pain and discomfort, put an end to frequent nighttime bathroom visits, and protect my prostate from problems common to men over 40. Rush my order of Pros-Food™! I understand that I am protected by your 100% Unconditional Lifetime Money-Back Guarantee.

Please accept my order as follows:

RECOMMENDED!

❑ **VERY BEST VALUE: I SAVE $150 AND RECEIVE 11 FREE GIFTS!**

- 12-month supply of Pros-Food™ **for only $269.40** (I save $150!) Plus, I also receive:
- 3 additional bottles of Pros-Food™ absolutely FREE—a $104.85 value!
- 7 FREE special reports—valued at $139.65 *(Listed on page 37.)* FREE Shipping!
- Plus, FREE shipping & handling—valued at $6.95!

❑ **GREAT VALUE: I SAVE $30 AND RECEIVE 7 FREE GIFTS!**

- 6-month supply of Pros-Food™ **for only $179.70** (I save $30 off the regular price!) Plus, I also receive:
- 2 additional bottles of Pros-Food™ absolutely FREE—a $69.90 value! FREE Shipping!
- 4 FREE special reports—valued at $79.80: *(Reports #1, #2, #3, & #7 listed on page 37.)*
- Plus, FREE shipping & handling—valued at $6.95!

❑ **GOOD VALUE: I SAVE $10 AND RECEIVE 4 FREE GIFTS!**

- 3-month supply of Pros-Food™ **for only $94.80 + $6.95** shipping & handling. (I save $10.05 off the regular price!) Plus, I also receive:
- 1 additional bottle of Pros-Food™ absolutely FREE—a $34.95 value!
- 3 FREE special reports—valued at $59.85: *(Reports #1, #2 & #7 listed on page 37.)*

❑ **TRIAL OFFER:**

- 1-month supply of Pros-Food™ for $34.95 + $6.95 shipping & handling.

I wish to pay as follows:

❑ Enclosed is a check for $_____
(Payable to Health Resources™. AL residents please add 4% sales tax.)

I prefer to use my: ❑ VISA ❑ MasterCard ❑ DISCOVER ❑ American Express

Card #: _____ Exp: ____/____

Signature: _____

Phone: (_____)_____
(In case we have a question about your order.)

❑ Yes! Please e-mail me updated research and recommendations, new health discoveries, and special savings opportunities. My e-mail address will never be sold or rented. I understand I may unsubscribe from these updates at any time. E-mail address:_____

There's no need to write your name and address. Please check the back cover to make sure your address is correct. If not, please make any necessary corrections. Thank you.

❑ **Yes, I am responding within 10 days!** Send me my FREE early bird gift: *Natural Vs. Synthetic: The Shocking Truth About Vitamins,* a $19.95 value!

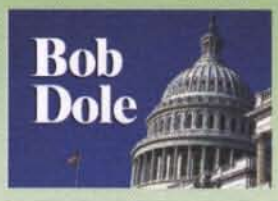
HURRY! To get your extra FREE Gift, order within 10 days.

For fastest service, call TOLL-FREE
1-800-471-4007
Call 24 hours a day, 7 days a week.

Please mail this form and payment to:
Health Resources™
P.O. Box 3623
Hueytown, AL 35023

Prostate Health News

Prostate problems can happen to any adult male—even the rich and famous...



Bob Dole, 83—Former U.S. Senator, ***"Early detection saved my life!"***

Rudy Giuliani, 63—Former Mayor of New York City, ***"...Had a family history of prostate problems."***

Nelson Mandela, 89—Former South African President and Nobel Peace Prize winner, ***"Responding well to non-surgical treatment..."***

Norman Schwarzkopf, 72—Four-star general in the U.S. Army and Commander of the U.S. Central Command during the Persian Gulf War, ***"For me, it was like war. First thing you do is learn about the enemy."***

These celebrities are candid about their prostate problems. They are not paid spokesmen or users of Pros-Food™.

INSIDE: Life-saving information for every man over 40—and the women who love them!

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$401.45 in discounts and FREE gifts!
See page 36, inside!