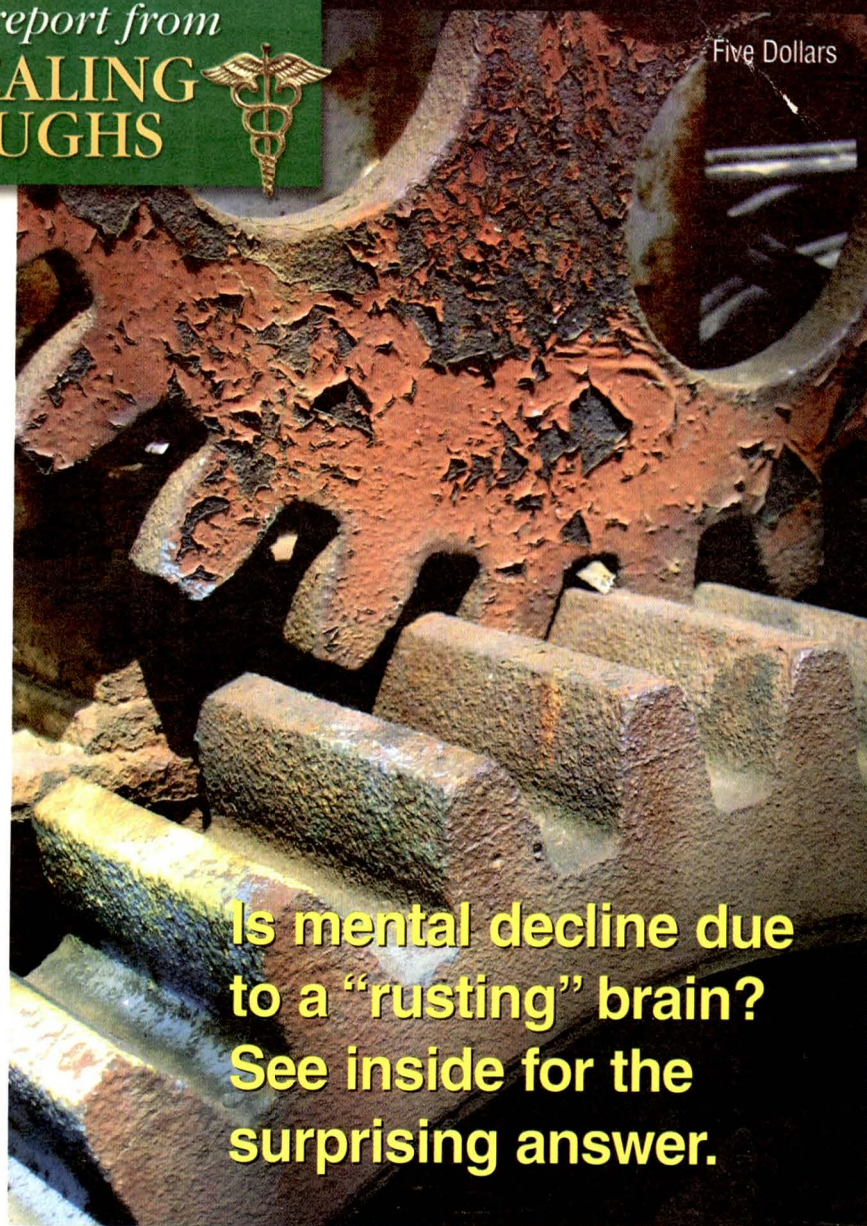


Stunning breakthrough proven in 64 clinical studies means you can...

# Scrub “Rust” Off Your Brain...



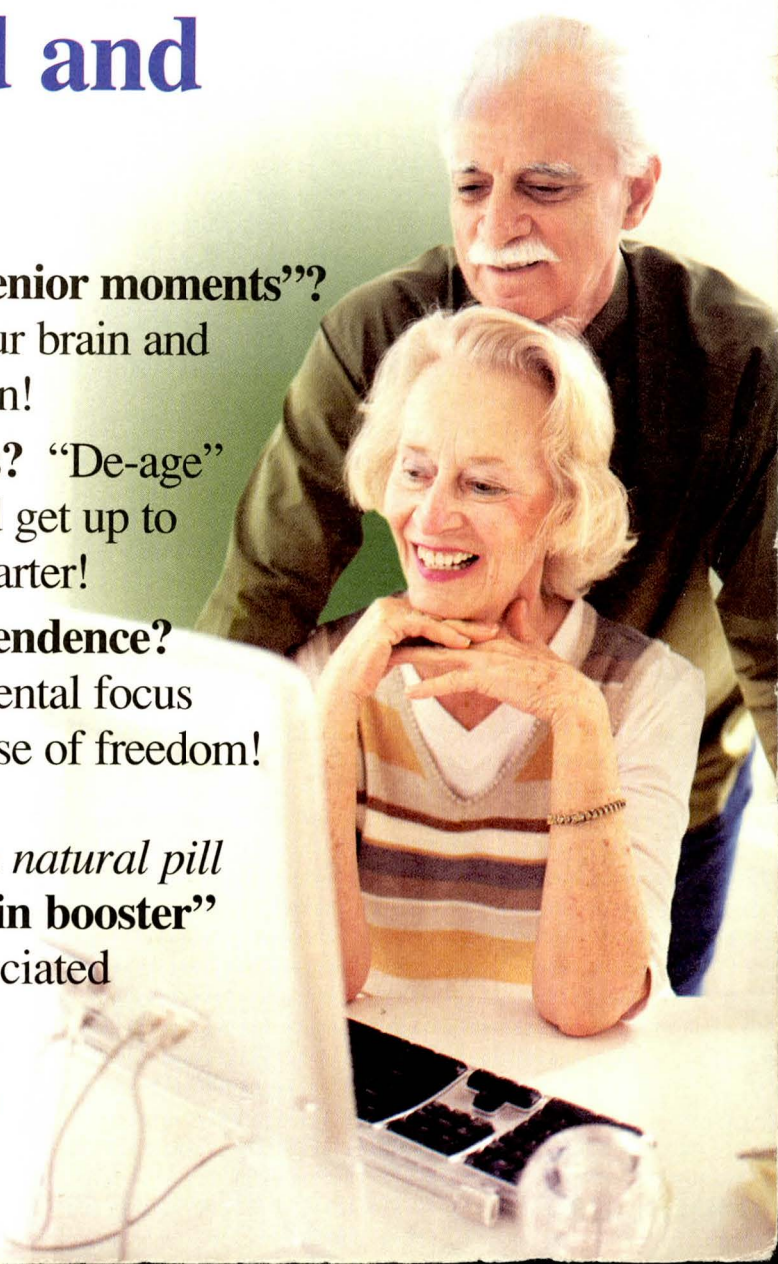
Is mental decline due to a “rusting” brain? See inside for the surprising answer.

## And improve your mind and memory at any age!

- **Failing memory?** Don't just accept it—improve your memory by up to 44 percent!
- **Sluggish thinking?** Roll back the clock on mental decline up to 12 years!
- **Brain foggy?** Clear up cloudy thinking and wake up “dead” brain cells!
- **Too many “senior moments”?** Reactivate your brain and enjoy life again!
- **Forgetfulness?** “De-age” your brain and get up to 33 percent smarter!
- **Losing independence?** Gain a new mental focus and a new sense of freedom!

All of these benefits are possible with the *breakthrough natural pill* NAMED INSIDE that's been hailed as a “**miracle brain booster**” and “**by far the best ever tested**” for slowing age-associated memory decline.

And now, you can discover... (continued on page 3...)





# Introducing PS, “the single best way to save your memory...”

page 3

## ■ No more fear of mental decline.

PS is clinically proven to roll back the clock on cognitive decline by up to 12 years... page 5

## ■ Memory failing? Don't just accept it—*improve it by up to 44 percent!*

European doctors report how PS enhances your memory powers... page 7

## ■ Clear up “brain fog” and make yourself up to 33 percent smarter!

Improve learning and remember key information with the PS secret... page 10

## ■ Embarrassed by forgetting names, faces, and phone numbers?

Not anymore! PS can help “de-age” your brain and make it razor-sharp once again... page 12

## ■ Wake up “dead” brain cells!

PS is clinically proven to increase your brain's alpha waves by up to 20 percent... page 14

## ■ Worried about losing your freedom and independence?

European study reveals how PS improves your quality of life up to 49 ways... page 18

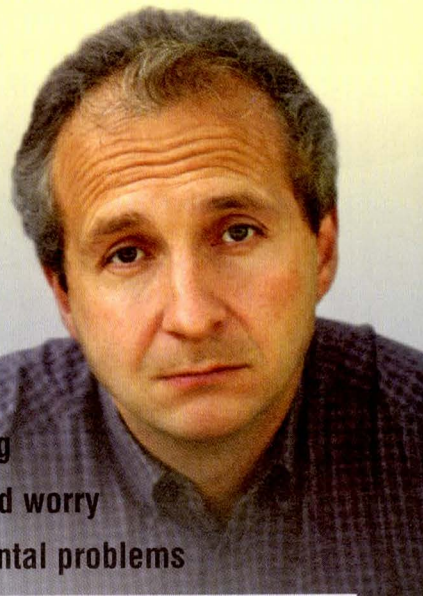
## ■ How you can experience the PS breakthrough.

*Guaranteed* to improve your memory and reduce mental decline or it's FREE... page 20

## Read this special issue if you and/or your loved ones are ever bothered by...

- Memory loss
- Mental decline
- Trouble remembering names, faces, and things
- Getting thoughts mixed up
- Cloudy thoughts
- Repeating statements
- “Brain fog”
- Forgetfulness
- Cobwebs in your brain
- Misplacing objects
- Slow thinking
- “Going blank”
- Bad moods
- Lack of concentration
- “Senior moments”
- Difficulty concentrating
- Feelings of anxiety and worry
- Or any other brain/mental problems

**Plus, discover the PS breakthrough that helps slow down, reduce, and even stop these symptoms.**



## Here's what leading medical experts say about PS...

You'll think better than ever: “A mere 300 mg a day [of PS] in over a dozen studies has provided marked improvement in memory and thinking ability.”—Dr. Sherry A. Rogers

**You'll avoid mental decline:** “PS is the best-studied nutrient for avoidance of cognitive decline.” —Crook, et al.

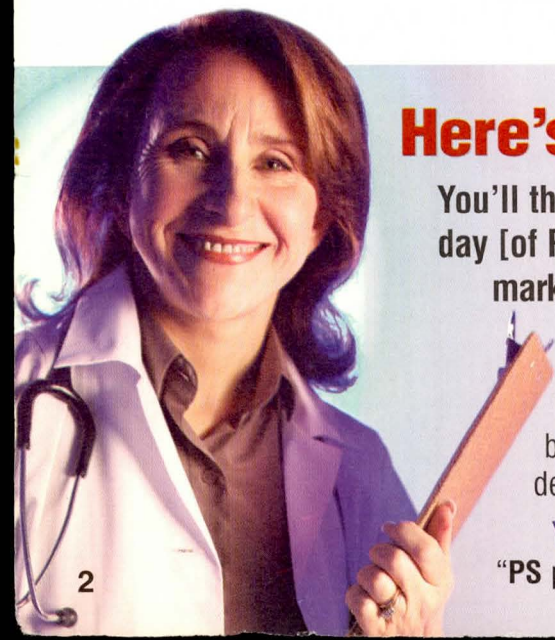
**You'll solve the biggest brain problems:** “PS produces significant improvement in anxiety,

motivation, memory and cognition.” —Gindin et al, Monteleone et al.

**You'll jump-start your brain:** “Dietary supplementation with PS can benefit brain functions from the most basic to the most sophisticated.” —Crook et al.

**You'll improve the quality of your life:** “PS has proven potential to improve the quality of life.”  
—*Alternative Medical Review*

Read on for more enthusiastic comments by the brain experts...





**New scientific evidence turns on its head everything we thought we knew about our brains.**



Now, you can discover...

# The PS Breakthrough

**...And the truth about banishing memory loss... waking up “dead” brain cells... and boosting your brainpower!**

**Remarkable nutrient proven in 64 clinical studies and documented in more than 2,800 research papers changes the way doctors treat memory loss.**

**To you, it means no more fear of mental decline, senility, or loss of independence.**

Dear Friend,

If Amy W. had put her faith in her doctors when it came to saving her memory, she'd still be in big trouble.

Her doctors told her, “it’s normal to expect a dull brain” now that she’s 85.

But Amy said, “NUTS to the idiots” and began taking a remarkable nutrient called **PS** (**PS** is better known as Phosphatidylserine, a naturally occurring nutrient made from soy).

## **What happened next could only be called a miracle**

Amy says, “[After taking **PS**], my memory has jumped 100 percent. So much so that I easily recall childhood years and also things of today... **PS** proved [my doctors wrong]... all I needed was this supplement.”\*

## **From feeling crushed to feeling thrilled**

For Ruth S., taking **PS** has made a huge difference in her quality of life.

When her husband told her he no longer trusted her ability to remember details, Ruth was crushed.

But almost immediately after she began using **PS**, she could tell a change: “I was thrilled to know I



could recall the information rather than have a blank, empty spot that had previously left me frustrated and angry... I will never be without **PS**.”\*

These two women—and thousands more men and women all across America—are grateful they’ve discovered **PS**, hailed as “**the miracle brain booster**.” What’s more, they’re glad they know...

## **Three shocking truths about failing memory that most doctors won’t tell you**

These folks are now counting their blessings because they know...

**TRUTH NO. 1:** You *can* slow down, even greatly improve age-related memory loss... clear up brain fog... wake up “dead” brain cells... and boost your brain power with the **PS** breakthrough.

Most doctors say there’s nothing you can do to save your memory as you age.

And conventional medicine offers little or nothing for ordinary forgetfulness, “senior moments” or devastating mental declines.

But as you’ll see in this special issue, they’re **WRONG!**

**TRUTH NO. 2:** New scientific evidence shows your brain does **NOT** have to get older and fade away—it can get smarter no matter what your age!

The wonderful *news* is that dendrites (branches of the brain’s cells) continue to divide and new neural pathways (which conduct chemical and electrical impulses) continue to open up in your brain into your 90s—especially if you nourish your brain with an astounding discovery like **PS**.

**TRUTH NO. 3:** Research shows memory loss is much easier to slow down and prevent in the *earliest* stages.

That’s right. The sooner you address memory loss, the better. You don’t want to wait until it’s too late—not when there’s so much you *can* do, right now, to protect your brain from age-related memory loss and actually undo the damage... all with the **PS** breakthrough.

But where’s the proof? You’ll be happy to know that...

*Next page, please...*

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Clinical studies noted were conducted using the nutrient **PS**, not specifically **PS** from Health Resources. Individual results may vary.

**To order, call TOLL FREE 1-800-471-4007**



## PS is backed by more scientific proof than any brain nutrient on earth

The PS breakthrough is not based solely on a few isolated cases, traditional healing wisdom, or scant scientific evidence.

Instead, it's based on a "Mount Everest" of evidence, including...

- 64 worldwide clinical studies, with more than 1,300 patients proving its effectiveness in improving memory, reasoning, and mental alertness



- Out of those 64 studies, 17 were double-blind, placebo-controlled studies, which are the "gold standard" of clinical testing. Time after time, PS significantly

outperformed the placebo in boosting memory and brain power.

- More than 2,800 medical research papers written by leading doctors verifying PS's astounding abilities to boost your mind and memory health.
- For more than 17 years, doctors in Europe have used PS to help people relieve and turn back age-associated mental decline and memory loss.

- More than 31,000 grateful people here in the U.S. have taken PS from Health Resources and say things such as: "I noticed an immediate and drastic improvement in my memory\*" and, "the mental fog that was bothering me began to disappear.\*"

Compare ALL this proof to any other brain nutrient or supplement, and you'll see why PS stands alone!

It's no wonder, Dr. Parris M. Kidd, internationally recognized biologist and authority on nutritional health says...

## ... "PS is the single best means for conserving memory and other higher brain functions!"

Most exciting of all, now you can experience the PS breakthrough.

In this special issue, you'll discover how this amazing natural pill can help you...

- Roll back the clock on cognitive decline by up to 12 years...
- Slow down memory loss and *improve* your memory by up to 44 percent...
- Clear up brain fog and make you up to 33 percent smarter...
- "De-age" your brain and make it razor-sharp once again...

- Wake up "dead" brain cells and increase your brain waves by up to 20 percent...
  - Improve your quality of life up to 49 ways...
  - Relish a new sense of freedom and independence...
  - Keep up with your grandkids' mental gymnastics...
  - Enjoy the best of life without the worry, frustration, or embarrassment of mental "slip-ups."
- Imagine thinking more clearly and brightly than you have in years.

Imagine no longer fearing mental decline, senility, or loss of independence.

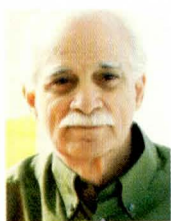
Imagine a remarkable brain booster that's safe, natural, and scientifically proven... All yours without a doctor, prescription, or side effects.

Interested? Then please read on...

NOTE: You'll also discover why PS from Health Resources is no ordinary PS. It's special advanced *soft-gel* form can be absorbed more quickly than dry tablets, making it much more potent and effective!

\*These statements are anecdotal and may not represent typical results. Individual results will vary. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

## PS replaces fear and worry with peace of mind!



### With PS, I no longer fear senility

"I am 80 years young. 'Senility' was always on my mind in a fearful way. Taking PS some three years has dispelled this fear from my vocabulary. Thank you for your excellent product... my fear has lessened and my remaining years will be joyous and productive for both my family and myself."\* —David S., Henderson, NV



### Was worried about family connection

"I have taken PS for approximately 1.5 years and have noticed a subtle increase in my cognitive abilities. I am 55 years old and am acutely sensitive to any real or perceived loss in mind ability because my mother recently died at age 76 from complications of [severe mental decline]."\* —Dr. Randall Wood, DDS



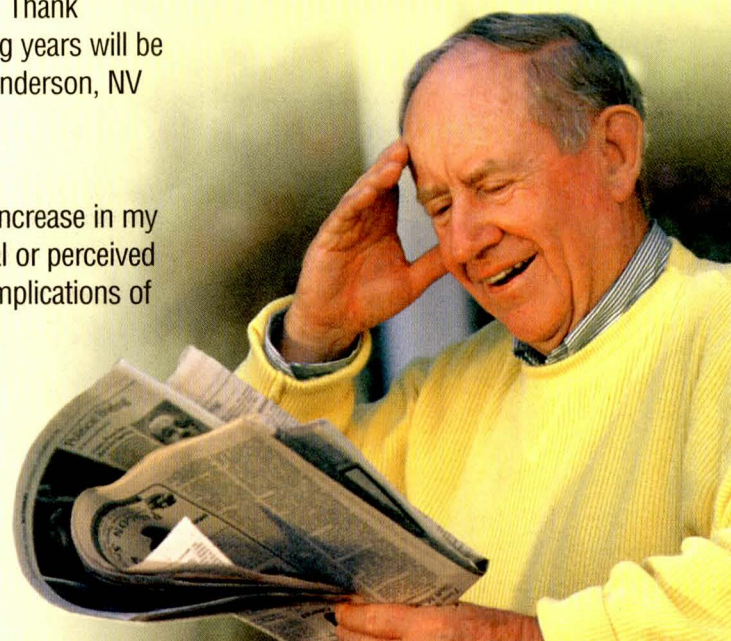
### Big difference in just a month

"I ordered your PS for my mother who is suffering from [severe mental decline]. I have only been giving PS to her for about a month now but I can already tell a difference. She already is remembering things better and her thoughts are clearer. Thank you for a wonderful product."\* —B.T., Los Angeles, CA

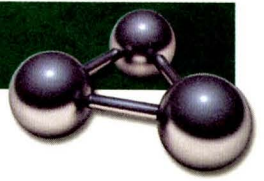
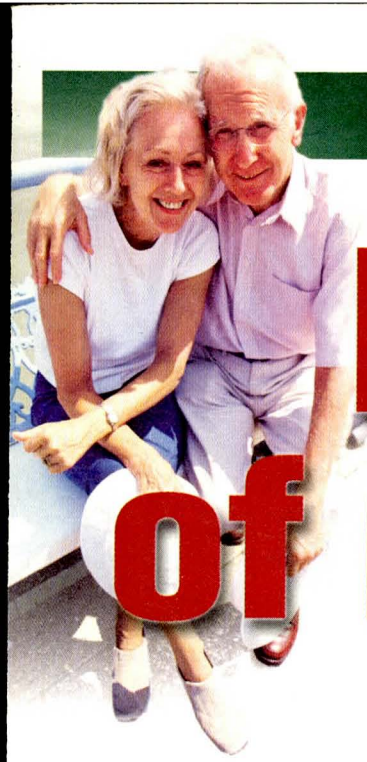
## No more brain deterioration

"My wife and I take your PS and have no noticeable deterioration in memory function. I'm sure the PS is of value and [we'll] continue to take it."\*

—Robert P., Sedona, AZ







# No more fear of mental decline!

**PS is clinically proven to roll back  
12 years of cognitive decline!**

STANFORD UNIVERSITY, PALO ALTO, CA—For decades, doctors have speculated: Could they actually *turn back the clock* on mental decline?

Based on a study conducted by a group of American medical researchers, the answer is a resounding YES—which is great news if you're fearful of mental decline.

## **A devastating problem you must not ignore**

Mental decline may start small. You forget a lunch date with a friend. You misplace your glasses or car keys. Someone's name is on the "tip of your tongue," yet you just can't recall it.

But these small problems can compound and quickly lead to devastating age-related mental impairment, senility, and loss of independence.

The fact is, as you age, you *will* experience a progressive decline in the overall cognitive function of your brain.

## **Did you know that as you age...**

...Your brain's blood vessels narrow, reducing oxygen and nutrient supply?

...Your brain loses its density and its circuits become weaker and thinned out?

...Your brain has energy shortages similar to electrical "blackouts?"

...Your brain's neurons become less conductive to new information?

...Your brain begins to "rust" due to free radicals and toxic sludge you're exposed to through food, water, and air?

It's no wonder that...

✓ Age-related cognitive decline is **well underway** in otherwise healthy people **by age 50**.

✓ **More than 50 percent** of Americans over age 65 are likely to experience impaired capacity to even recall simple names and numbers.

**PS is, "by far the best of all the drugs and nutritional supplements we have ever tested for retarding Age-Associated Memory Impairment (AAMI)."**

—Dr. Thomas H. Crook

✓ A staggering **76 percent** of Americans (starting as early as age 30) suffer from "senior moments," including memory lapses and decreased alertness.

✓ Impairment and deterioration of mental capacity is the **4th leading cause of death in those over 60!**

Yet the astounding fact is...

## **...You can safeguard your brain from mental decline with PS**

The fact is, you don't have to suffer the fate of millions of Americans who worry about mental decline. You can avoid it all with the **PS** breakthrough.

As you know, there are many nutrients and vitamins you could take to help stave off mental decline. But as you're about to see, there's none better than **PS** from Health Resources.

In fact, **PS** is a naturally occurring phospholipid nutrient made from soy that nourishes your brain and slows the loss of mental capacity. Surprisingly...

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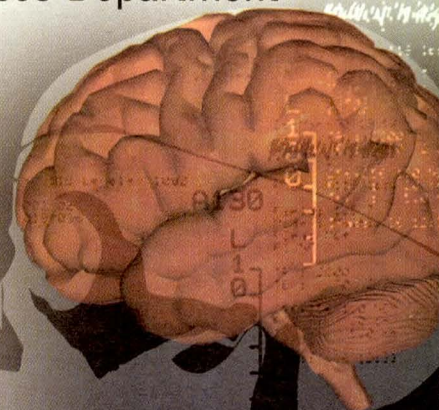
## **WARNINGS FROM BRAIN EXPERTS:**

**\*"For the first time, UCLA researchers have documented a link between a person's self awareness of memory failure and a decline in brain function."**

—U.C. Health Services Department

**\*"The only symptom of a disease may be mild forgetfulness."**

—National Institute of Aging



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Clinical studies noted were conducted using the nutrient PS, not specifically PS from Health Resources.

**To order, call TOLL FREE 1-800-471-4007**



...PS is a lipid substance already found in every cell of your body and one that makes up 70 percent of your cells' membranes. Yet it's *most heavily* concentrated in your brain.

This amazing nutrient is vital for halting and even improving age-related mental decline because it...

...Bathes and rejuvenates membranes of your brain cells.

...Stimulates neurotransmitters that are essential for good memory.

...Transfers electrical impulses in your brain more easily.

...Supercharges cell membranes in your brain to work like they did when you were younger.

What most people don't know is that as you age, your body's PS levels decline and your cells' membranes become brittle.

What's more, scientists say it's difficult to get enough PS from foods that contain PS, such as fish, rice, soy, and green leafy vegetables.

That's why taking PS every day is the key to slowing down, even improving mental decline.

## WHICH "BRAIN KILLERS" ARE ROBBERING YOU OF YOUR MEMORY?

### 10 ways the brain goes into an early grave

Just consider these "brain killers" as you age and as you live in today's world:

- 1) Free-radical accumulation damages your brain cells.
- 2) Poor vitamin absorption and common nutritional deficiencies starve your brain of the nutrients it needs.
- 3) Invisible toxins commonly found in your food, water and air cause brain cell death.
- 4) Medications go into your bloodstream, saturate your brain and cause harm.
- 5) Poor circulation slowly chokes your brain's cells to death.
- 6) Ordinary infections attack your brain and gradually weaken it.
- 7) Moderate consumption of alcohol dims your memory and kills brain cells.
- 8) Chemical and structural changes in the brain weaken ability of brain cells.
- 9) A poor diet, lack of exercise, poor health and low energy sap your brain of power.
- 10) Stress and worry can traumatize your brain and brain cells.

The sad truth is, most people ignore these brain killers and suffer the consequences. But not you! Now you can use PS from Health Resources to help offset these brain killers and keep your mind youthful for years to come!

#### SPECIAL ALERT:

#### The prescription drug that shrinks your brain!

Did you know the drugs most often prescribed by cardiologists—calcium channel blockers—are proven to literally shrink your brain and lower your IQ within five years?



## Clinically proven to roll back cognitive decline by up to 12 years

Picture how good you'd feel if you could think as keen and sharp as you did 12 years ago.

Sound impossible? Not with the PS breakthrough documented in an eye-opening study<sup>1</sup> conducted by medical researchers at Stanford University, Vanderbilt University School of Medicine and the Memory Assessment Clinic in Bethesda, Maryland.

Led by Dr. Thomas H. Crook III, these researchers compared the effects of PS and a placebo on 149 people, ages 50-75, who were suffering typical symptoms of age-related mental decline.

Participants took 300 mg of PS daily, or a placebo, for 12 weeks. At three, six, nine, and 12 weeks, they took a battery of sophisticated neurological tests.

The results were eye-popping, to say the least.

Those taking PS showed a 30 percent improvement in cognitive function, which included learning, memory, and recalling numbers, names and faces.

What's more, those who had the lowest scores prior to taking PS had the best scores after taking this remarkable nutrient.

Best yet, by comparing these results to the expected mental decline of data of thousands of subjects, Dr. Crook and his colleagues concluded that PS helped *roll back 12 years of memory decline!*

No wonder Dr. Crook hails PS as, "by far the best of all the drugs and nutritional supplements we have ever tested for retarding Age-Associated Memory Impairment (AAMI)."

### Turn back the clock on an aging brain

As you can see, you don't have to sit back and watch your brain age away.

You can take action now and fight back against the ravages of aging.

25 years of well-documented research on humans and in the laboratory make clear that PS can turn back the clock on an aging brain.

Now you can recharge and revitalize your brain and say no to mental decline, senility, and loss of independence.

But that's not all. Wait until you see what else the PS breakthrough can do for you...

(1) Crook, T., et al. Effects of PS in Age-associated Memory Impairment. *Neurology* 41(5): 644-649. 1991

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Clinical studies noted were conducted using the nutrient PS, not specifically PS from Health Resources.

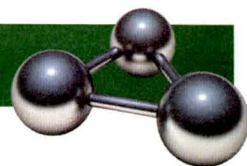


**Guaranteed to improve your memory and reduce mental decline or it's FREE!**

See page 26 for your brain-boosting, memory-improving PS "packs," plus special savings and FREE GIFTS valued at up to \$430.30!

**PS from Health Resources.**





# Is your memory failing? Don't just accept it— improve it up to 44 percent!

Impressive study documents how PS saves, and boosts precious memories

UNIVERSITY OF CATANIA,  
ITALY—European medical researchers  
have been at the forefront of **PS** clinical  
studies, documenting how this nutrient  
improves memory loss.

This is great news if you sometimes  
can't remember names or faces... forget  
where you put things... forget to pay  
your bills... or are frustrated because  
you can't recall the past.

On one hand, some memory loss is  
likely to occur as you age.

According to Georgia Tech's  
Cognitive Research Program, "a  
person's memory declines by as much  
as 40 percent between the age of 25 and  
65. Your memory is going to change."

What's more, a study<sup>2</sup> of 1,535  
people confirmed these findings,  
showing a decline in memory, learning  
and remembering written information  
with age (see chart).

On the other hand, memory loss is  
something you don't want to ignore.

The National Council of Aging

**Did you know your brain uses  
20 percent of all your body's  
energy when you're at rest and up  
to 60 percent when you're doing  
hard mental work? Amazing!**



reports, "It's important to know,  
memory loss can be a symptom of  
something more serious."

And *USA Today* adds, "a growing  
number of medical experts are viewing  
usual lapses of memory in an otherwise  
healthy person... as a powerful new sign  
for the earliest stages of [mental decline]."

## **Left unchecked, memory loss can be BAD NEWS**

Some people might laugh at a few  
"senior moments" when memory fails.  
But memory loss is no laughing matter.  
It can make your life tough, even miserable  
—and lead to more serious problems.

The fact is, starting at mid-life, your  
brain's higher functions of memory,  
concentration, and learning begin to fade.

This happens because as you age,  
structural and biochemical changes occur  
in your brain: Membranes weaken...  
electrical and chemical impulses between  
the neurons and dendrites are less  
efficient... and energy sources lag.

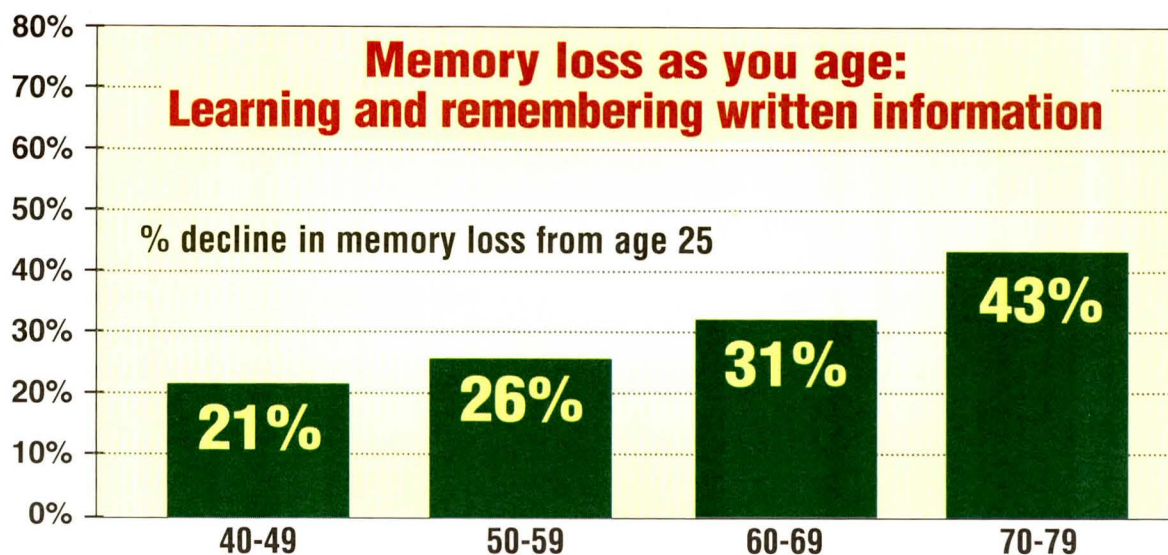
## **But PS comes to the rescue!**

Remarkably, the **PS** breakthrough can  
do wonders for your brain and for slowing  
and even improving memory loss.

Most of the chemical transmitter  
activity of your brain occurs in the  
membranes, and **PS** is the most  
important nutrient you can take to build  
up these nerve cell membranes—and  
boost your brain's performance.

What's more, **PS** is vital for "re-  
energizing" your brain. Your brain  
requires a tremendous amount of  
energy to carry out its functions.

In fact, did you know your brain  
uses 20 percent of all your body's  
energy when you're at rest and up to  
60 percent when you're doing hard  
mental work? Amazing!



(2) Youngjohn, J.R., et al. First-Last Names and the Grocery List Selective Reminding Test: Two Computerized Measures of Everyday Verbal Learning. *Archives of Clinical Neuropsychology* 6: 287-300 (1991).

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The vast majority of your brain's energy functions are carried out by the membranes surrounding your brain, and **PS** floods these membranes, improving energy efficiency.

The result? **PS** enhances your memory and many other mental functions.

Bottom line: **PS** is a nutrient far superior to any other for its clinical benefits to the brain. And what can it do for you?

### How about improving your memory by up to 44 percent?

As mentioned earlier, European medical researchers have led the way in documenting the astounding benefits of **PS**.

For example, in a randomized, double-

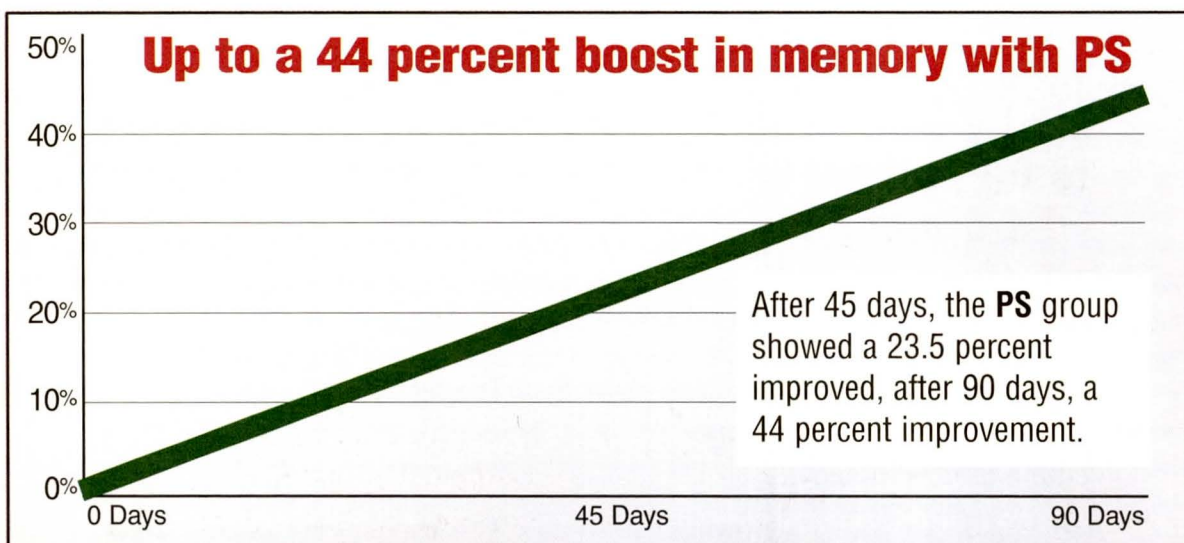
blind, placebo-controlled study<sup>3</sup> at the University of Catania in Italy, 170 patients with moderate cognitive deterioration took either 300 mg of **PS**, or a placebo, for 90 days.

Patients between the ages of 55 and 80, were given neuropsychological tests at the beginning, after 45 days, and after 90 days.

The results speak for themselves. On five out of five memory tests, the **PS** patients substantially outperformed the placebo group. That's a 100 percent score!

What's more, **PS** improved memory in semantic association ability and verbal fluency by a whopping 44 percent, as the chart shows.

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(3) Villardita, C et al. Multicentre Clinical Trial of Brain Phosphatidylserine in Elderly Patients with Intellectual Deterioration. *Clinical Trials Journal* 24(1):84-93 (1987)

## If memory loss runs in your family...

A big worry that many people have is that because their parents and/or uncles or aunts had memory loss problems, they'll suffer, too.

Virginia B. of West Virginia faced this problem. She writes: "My husband's family consisted of his father having [severe memory loss] and several aunts and uncles on his father's side of the family also [suffering]."

So Virginia isn't taking any chances. She makes sure her husband, who's 80, takes **PS** every day. She says, "I want to prevent it ever happening to him. Thank you [for **PS**]."

If age-related memory loss runs in your family, you can do something now to protect your loved ones and yourself. Start taking **PS** from Health Resources today, because as you'll see in a moment, research shows that memory loss is much easier to prevent when it's in its *earliest* stages.



## SPECIAL ALERT:

# Age spots can mean your brain is "rusting!"

**D**id you know the scientific name for the brown spots on your skin is "lipofuscin?"

These age spots don't just look bad, they may indicate a problem for your brain. That's because when lipofuscin occurs in your brain, a greenish-brown slime forms on your brain's neurons.

This directly decreases your brain's ability to send vital instructions to the rest of your body.

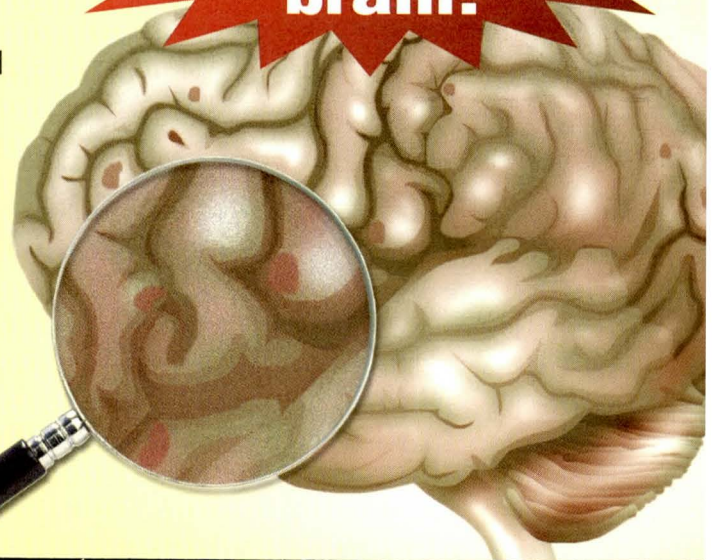
As the slime builds up on your brain, it's as if your brain is rusting. A little may not

hurt at first, but as time goes on, the "rust" builds up.

And that affects your brain in a bad way. You're able to do less and less because your brain has trouble telling your body what to do.

If you have age spots on your skin, don't take chances. Take **PS** from Health Resources to scrub the "rust" off your brain and protect, nourish, and grow it.

**Scrub "rust" off your brain!**





Continued from page 8.

## Improved memory improves your quality of life

Think how good you'll feel if...

...You vividly recall favorite memories of your past.

...You remember names and faces like you did years ago.

...You always remember appointments, meetings, or dates with friends or loved ones.

...You recall important phone numbers in an instant.

...You make new memories that you'll cherish for the rest of your life!

Don't just hope and pray you'll avoid memory loss. Put a stop to it, and improve your memory with the **PS** breakthrough.

But there's even more good news. Besides protecting your brain from mental decline and improving your memory, **PS** from Health Resources also gives you this next remarkable benefit...

*Next page, please...*

## THE WALL STREET JOURNAL

**THE WALL STREET JOURNAL asks:**

### "Can a Pill Boost Your Memory?"

**It can, if it's PS!**

In its "Aches and Claims" column<sup>4</sup>, *The Wall Street Journal* published an article titled, "Can a Pill Boost Your Memory?"

The article evaluated many nutrients found in so-called memory-enhancing supplements.

The nutrients claimed to, "reduce age-related mental decline" for seniors and, "promote fast thinking" in younger people.

Not all the nutrients performed as promised, but the article did highlight **PS**.

In fact, the article said **PS** was highly recommended as, "an effective memory supplement ingredient." In addition, the article said: "Stick with supplements that contain only **PS** or **PS** with antioxidants."

(4) The Wall Street Journal, November 26, 2002

## Doctors stand behind PS for restoring memory...



### THE MEMORY BOOSTER!

"**PS** is very helpful in restoring and retaining memory. I am 79 and I can tell a great deal of difference when I don't take **PS**." \* —O. A. Barnhill, M.D.



### WORKING FOR MY OLDER PATIENTS!

"I am trying the **PS** on my geriatric patients who are undergoing various varieties of memory loss. Some are long range and some intermediate and some are very short range (5-15 minutes). Thus far I find the **PS** to have more effect on the intermediate and short range modes."\*

—Dr. L. DeRosis

## ...And people swear by PS for improving memory!



### SEVERE MEMORY PROBLEM IMPROVED!

"I had severe memory problems. I was immediately put on a breathing machine. This improved my memory, but several years later I began taking **PS** and noticed an immediate and drastic improvement in my memory. It continues to improve and I'm 71 years old." \*

—Jim J., Kaufman, TX



### GREAT RESULTS IN ONE MONTH!

"Your '**PS**' product is really helping. I already can tell a difference in my ability to remember names and faces after only a month of taking your product. Hopefully it will only get better."\*

—F.G., Medford, OR



**SUPER RECALL!** "Before I started taking your **PS**, I couldn't even remember what I had for breakfast. Now I can remember what I had for breakfast a week ago. Thanks for a great product." \*

—J.L., Alameda, NM



**EASY FINDING THINGS AGAIN!** "I am in my late 80s and have had a lot of trouble remembering things for quite a while now. I have been taking the **PS** for three months now and I can already tell a difference. You wouldn't believe how much better I feel when I can remember where I put things. It really makes a big difference in how I feel about myself." \*

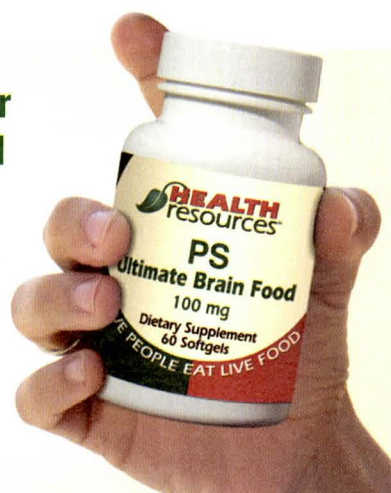
—E.W., Mason City, IA

\*These statements are anecdotal and may not represent typical results. Individual results will vary. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

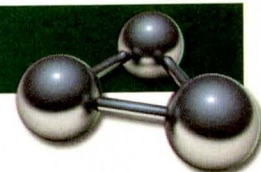
**Guaranteed to improve your  
memory and reduce mental  
decline or it's FREE!**

See page 26 for your brain-boosting, memory-improving **PS** "packs," plus special savings and FREE GIFTS valued at up to \$430.30!

**PS from Health Resources.**







# Clear up “brain fog” and get up to 33% smarter!

Think as clear as crystal and learn better and faster with the PS secret.

MEMORY ASSESSMENT CLINIC, BETHESDA, MD— Besides mental decline and memory loss, another problem you face as you get older is “brain fog.”

It comes on you unexpectedly. Your thinking becomes slow: Sluggish, like you’re slogging through mud.

Your brain feels like it’s filled with cobwebs. Stuck in first gear.


You get caught mid-sentence, and you can’t seem to finish what you wanted to say. It gets harder and harder to concentrate. You feel scatterbrained.

Well, you’ll be glad to know that all is not lost.

The fact is, not only does **PS** help clear up a “foggy” brain—it also helps you learn better and faster!

## Why your brain gets hazy in the first place

As stated earlier, you inevitably lose some sharpness in memory and cognition with age.



## If you’re taking ginkgo or another brain nutrient, read this:

If you’re taking a nutrient for memory loss (or thinking about taking one), the question you need to ask yourself is, “How does it stack up to **PS**?”

Your nutrient may claim to be “clinically tested.” But in how many tests. One? Maybe three?

Compare that to **PS**, which is proven in *64 clinical studies*, 17 of which were double-blind, placebo-controlled studies.

Your nutrient may claim to boost your brain and mental performance. But what is the evidence that it really works? Anecdotal stories? Traditional healing wisdom?

Compare that to **PS**, which has claims backed by more than 2,800 research papers and 25 years of documented scientific research from all over the world.

Don’t settle for second best. Take the No. 1 brain-boosting nutrient in the world... the **PS** breakthrough.

One problem is, as memory and cognition slow down, the density of your brain’s nerve cells falls and a kind of “dropout” occurs.

The number of nerve cells in your brain shrinks, as does the density of the synaptic connections in your brain’s complex network.

The result is faulty connections of electrical impulses... the closing-up of unused brain channels or patterns... and “brain fog.”

Another problem occurs if your blood gets gummed up with fats, cholesterol and triglycerides. This causes the amount of nutrient-rich blood that reaches your brain to plummet—and your brain becomes starved for nutrients.

And a tired, poorly fed brain isn’t going to work as well. It’s as if you flick on a switch but the lights don’t go on.

## An exciting new solution for cloudy thinking

But if you want or need to revitalize your brain and chase away “brain fog,” then **PS** is the antidote for you!

**PS** is a vital building block for your brain. Remarkably, it can...

- ✓ Rejuvenate the cells in your brain.
- ✓ Rebuild old brain circuits.
- ✓ Refresh connections and even make new ones.
- ✓ Rewire your brain’s relay switches.

As a matter of fact, **PS** supercharges ALL of your brain cells, which helps them produce and release natural chemical transmitters that make your brain work better—with greater ease, efficiency and clarity.

No wonder Dr. James Balch, author of *Prescription for Healthy Living* says, “as long as you have plenty of **PS** in your bloodstream, your body automatically builds thousands of vibrant, healthy new brain cells at any age. In fact, **PS** is

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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Clinical studies noted were conducted using the nutrient PS, not specifically PS from Health Resources.



already reversing symptoms [of mental decline]... for tens of thousands of patients."

And if that's not enough...

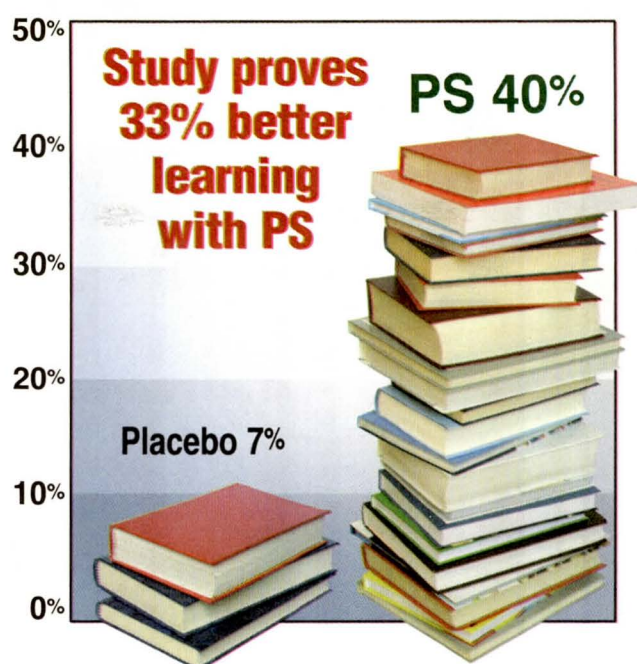
### ...PS is proven to make you up to 33 percent smarter

Not only does **PS** clear up your thinking—it can help you learn new information better and faster.

In a study<sup>5</sup> at the Memory Assessment Clinic, researchers tested **PS** against a placebo for learning and remembering written information.

After 12 weeks, patients taking **PS** showed a 33 percent greater improvement than those taking the placebo!

**PS:** The one single supplement that means better concentration. Clearer thinking. Easier learning. Sharper cognition.



But there's even more. **PS** from Health Resources also helps you avoid a big problem many people over age 50 face, as you'll now see...

*Next page, please...*

(5)Crook, et al. [From *The Memory Cure*, page 71]

## Boost your brain six ways at once with the PS discovery!

**PS** has been called the "ultimate brain food" and for good reason. It's nature's most powerful, most potent, most scientifically-documented brain nutrient, one that supercharges your brain not one but six ways. Just take a look...

1. **PS** fuels the cortex, hippocampus and hypothalamus of your brain, the areas known to be vital for memory.

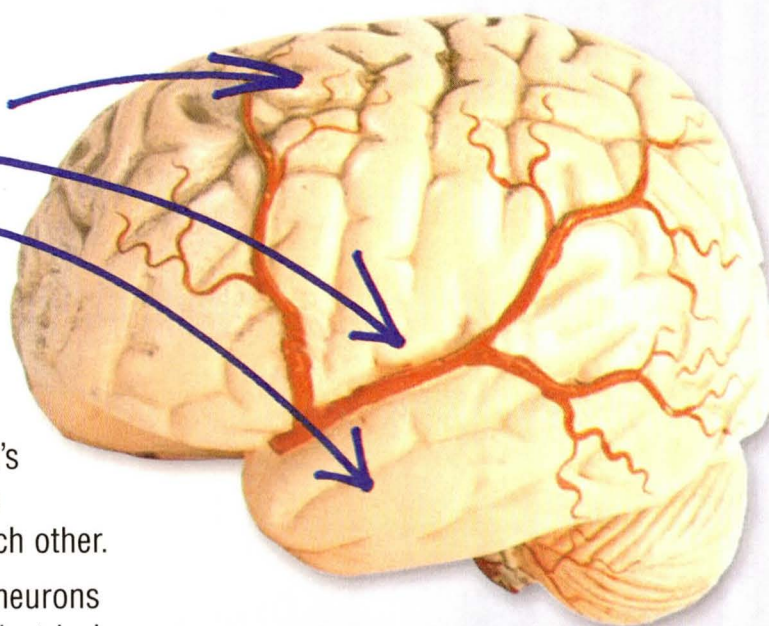
2. **PS** re-energizes your brain's membranes, which is where cells pass information to each other.

3. **PS** nourishes your brain neurons and dendrites, which pass electrical and chemical impulses to each other.

4. **PS** stimulates neurotransmitters that are essential for memory and thinking.

5. **PS** helps your body build thousands of vibrant, healthy new brain cells.

6. **PS** rebuilds old brain circuits and rewires your brain's "relay switches."



It's easy for you to enjoy these benefits—and many more—with the **PS** breakthrough.

Just take this remarkable nutrient every day.

To order, call TOLL FREE 1-800-471-4007

## Chase the mental fog away!



### NO MORE CLOUDINESS!

"My mind has been cloudy for awhile. I think the **PS** is helping. I can think and remember a lot easier already."\* —D.H., Sterling Heights, MI



### 90-YEAR-OLD BRAIN KEENER!

"Since taking **PS** daily my 90-year-old brain is keener than ever. I can think faster and enjoy doing all the word scramble puzzles, cryptograms, and especially crossword puzzles."\* —Dorothy F., Vero Beach FL



### CLEARER THINKING!

"I'm taking Phosphatidylserine (**PS**) and I think clearer. I am 83 years old."\* —Marjorie B., Norris, SD



### CLEARED OUT THE COBWEBS!

"**PS** cleared the cobwebs out of my wife's brain and made her much easier to live with."\* —E.W. Whipple, Bellevue, WA

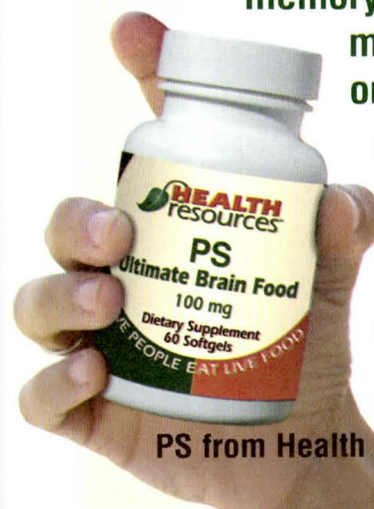


### MENTAL FOG VANISHED!

"Shortly after beginning to take **PS**, the mental fog that was bothering me began to disappear. I feel better than I have in a long time."\* —Rachel S., Arlington, TX

\* These statements are anecdotal and may not represent typical results. Individual results will vary. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

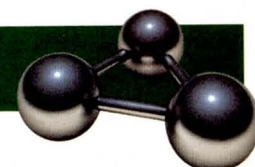
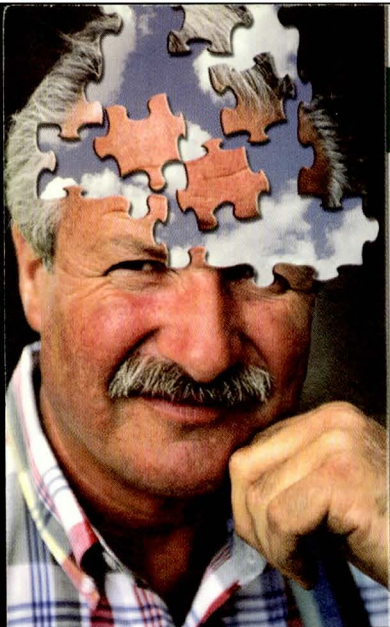
## Guaranteed to improve your memory and reduce mental decline or it's FREE!



See page 26 for your brain-boosting, memory-improving **PS** "packs," plus special savings and FREE GIFTS valued at up to \$430.30!

PS from Health Resources.





# Embarrassed by forgetfulness? Frustrated by slow thinking? Stumped by lack of focus?

**Not anymore! PS “de-ages” your brain and makes it razor-sharp once again.**

VANDERBILT UNIVERSITY, NASHVILLE, TN—Although **PS** is making headlines for slowing mental decline and improving memory, it can also help you solve the common, everyday problems of an aging brain.

Problems such as...

- Misplacing things
- Repeating statements
- Forgetting details
- Getting mixed-up
- Drawing a mental “blank”
- Losing your train of thought
- Mental fatigue
- Not recognizing friends and neighbors
- Forgetting someone’s name

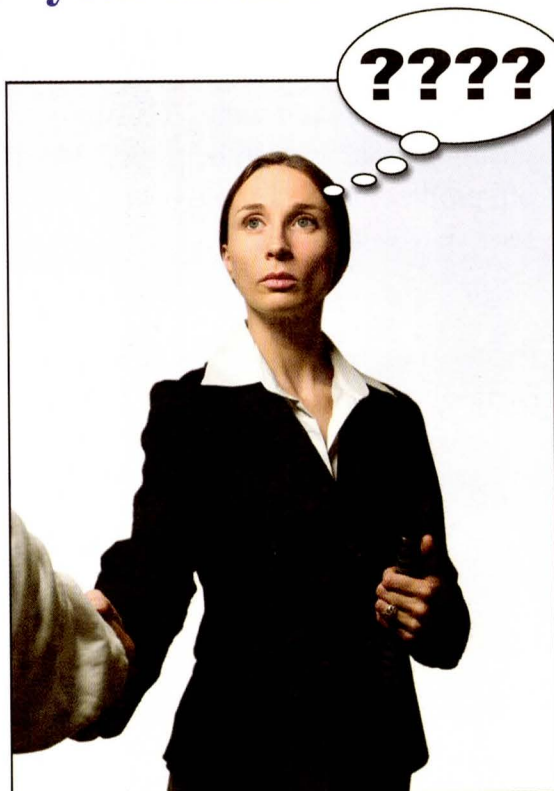
These problems can lead to embarrassment and frustration, not to mention putting a strain on business and personal relationships. It hurts people’s feelings when you forget their names!

It’s not a good feeling if you *miss* an important family event... if you’re *late* for a key business meeting... if you *can’t* introduce a friend to others because you forgot his name... or if you *fail* to do something you promised—because you have “brain drain.”

## A shocking statistic

You may be shocked to know that up to HALF of the 30 million U.S. citizens over age 65 will experience a, “noticeable decline in mental abilities when faced with common daily tasks.”

That means *struggling* with remembering where you’re going... using words... recalling names... maintaining concentration... and doing



daily tasks that used to be no problem.

Most people just shrug off these mental goofs or lapses as part of getting old. So they make excuses—or just live with it.

*But it doesn’t have to be that way for you!*

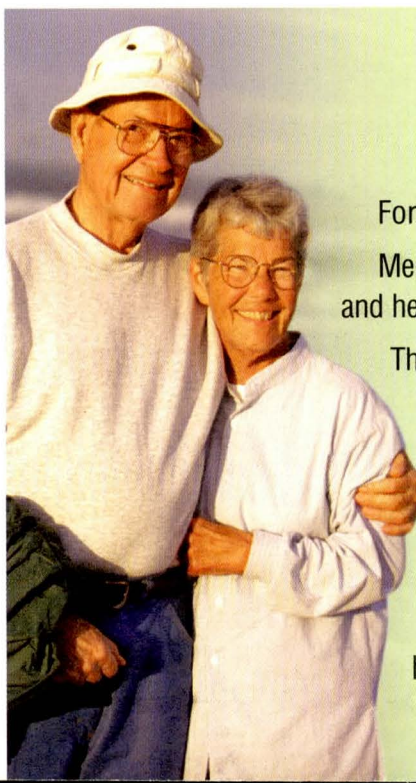
You can fight off the symptoms of an aging brain—and think and act like you’re years younger with the **PS** breakthrough. And science proves it once again, as you’ll now see.

## Significant improvement in common tasks

In another key multi-center study<sup>6</sup> by Vanderbilt University, the Memory Assessment Clinic and ExPharma of Italy, 51 subjects ages 55-85 took either 300 mg of **PS**, or a placebo, each day for 12 weeks.

At the end of the 12 weeks, those taking **PS** showed “significant improvement” in...

- Remembering names of familiar people.
- Recalling locations of frequently misplaced objects.
- Recalling details of events from the previous day.
- Recalling details of events from the past week.



## Our doctor was surprised how well PS worked!

For Merle Whitt of Maryland, **PS** has been a Godsend.

Merle’s wife suffered from mental decline for over four years, and he was concerned about further deterioration.

Then she began to take **PS**, three softgels daily.

Two years later, the results are in, and Merle and his wife are overjoyed!

Merle writes, “Our doctor, during my wife’s recent examination and cognitive test, stated that normally her memory skills should reduce 30 percent annually. But to his surprise, the reduction was only about 10 percent. He found it hard to believe but was completely overjoyed... and so were we.”



The results are clear: Those taking **PS** had better memory, better recall, better thinking, and better living!

Even more surprising, researchers have found that **PS** works even for people who are close to giving up hope, as you'll now see...

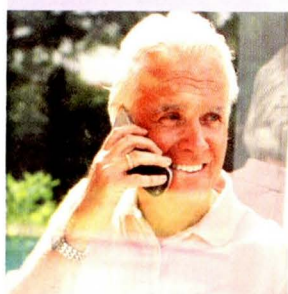
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(6) Crook, et al. 1992

## **PS: The single supplement that makes your life easier and better!**

Yes, you're getting older. But that doesn't mean your brain has to get older.

With the **PS** breakthrough, you'll think clearer, brighter, and younger. You'll find yourself...



- Easily recognizing names and faces.
- Effortlessly remembering phone numbers and addresses.
- Naturally recalling details.
- Accurately recalling contents of conversations.

- Maintaining a high level of concentration.
- Improving your verbal and writing abilities.
- Joining in discussions with friends and business associates.
- Learning and remembering new information.
- Consistently doing what you promised to do.
- Playing chess, cards and other games better.



- Mastering new computer skills more readily.
- Better remembering music and lyrics.
- Enjoying life with family, friends and neighbors.

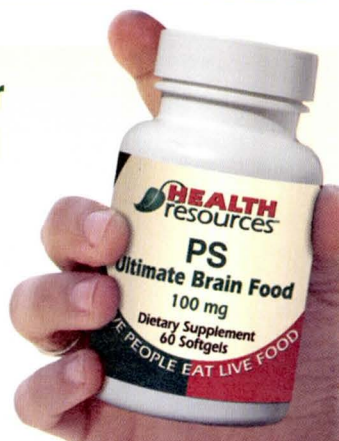
- Gaining new mental confidence.
- Feeling better about yourself.



### **Guaranteed to improve your memory and reduce mental decline or it's FREE!**

See page 26 for your brain-boosting, memory-improving **PS** "packs," plus special savings and FREE GIFTS valued at up to \$430.30!

**PS from Health Resources.**



## **One word for those taking PS: "WOW!"**



### **WOW!**

**"I never thought I could be so smart. Thank God for this miracle brain booster!"**

"I started on the **PS** a couple of months ago and what a true life-changing experience it's been! I sell insurance and you can imagine the information I have to remember. The **PS** has kept me focused, sharp, alert, and my retention of information has skyrocketed. I never thought I could be so smart. I also teach Sunday School and I can grasp concepts and applications of those concepts much more easily. I am absolutely sold on **PS** and will take it from now on. Thank God for this miracle brain booster! Thank you Health Resources for a GREAT product and great service! Thank you!" \*

—David Y., Eden, NC



### **WOW!**

**"My memory is actually better than it was years ago!"**

"I'm 72 years old and have used **PS** for several years. I am a part-time bookkeeper and need to remember tax deadlines and do computer work accurately. I find that my memory is actually better now than it was several years ago. **PS** has to be credited for my continued good performance in my work and with my family. I would not want to stop taking **PS**." \*

—Walt H., Wilmington, DE



### **WOW!**

**Teaching college at age 88!**

"I am 88 years old and still with no major health problems. I have been taking phosphatidylserine for two years to keep me going. I still teach at the college level so it is important for me to have an active brain. My 91-year-old husband also takes it. He swims 1/4 mile every day." \* —Donna C., Napa, CA



### **WOW!**

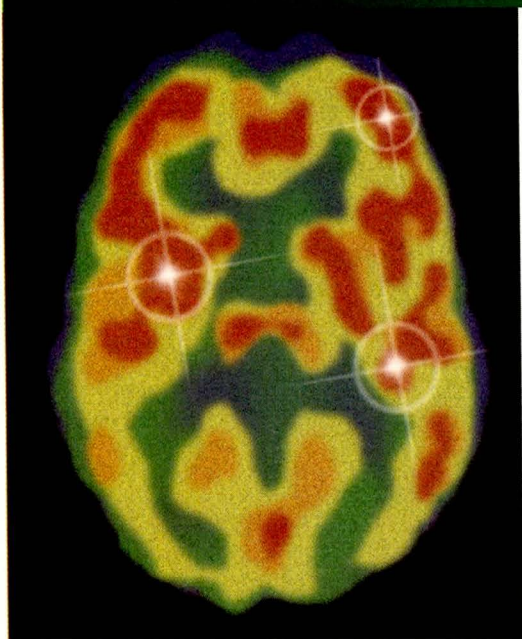
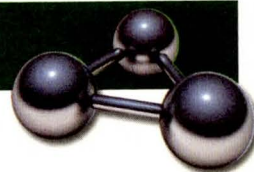
**No more embarrassing moments!**

"My mind is clearer. I remember more specifics. My speech is simpler, because I remember details without hesitation. Health Resources is on to a great product. **PS** improved my self-esteem, because I no longer worry about being embarrassed by forgetting." \*

—Robert W., Jamaica Plain, MA

\* These statements are anecdotal and may not represent typical results. Individual results will vary. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.





# Wake up “dead” brain cells

**PS is clinically proven to increase your brain's alpha waves by up to 20 percent!**

**MEDICAL LABORATORIES**—Among today's medical tests, Positron Emission Tomography (PET) is considered one of the most accurate for diagnosing health problems.

Also called PET imaging or a PET scan, it's a sophisticated technique that gives doctors a unique image of your body using positrons. These are tiny particles emitted from a radioactive substance put into a patient's bloodstream.

Doctors who study mental decline and memory loss use the PET tests to measure glucose metabolism and other aspects of energy generation in the areas of the brain.

In particular, PET tracks signs of energy generation in the brain and generates color-coded, metabolic brain “maps” from them.

## Remarkable results with PS

The really exciting news is, people who take **PS** for a few months are seeing “dead” areas on their brains light up—now that they have the right chemistry to improve their metabolism.

In addition, with Activation PET, a person takes a test, and as his or her brain's metabolism becomes activated, it “lights” up on PET.

Not surprisingly, those taking **PS** not only showed significantly greater brain activation—they performed better on the test!

And if that's not enough, one clinical study<sup>7</sup> documented that **PS** increases the generation of beneficial “alpha waves” in the brain by up to 20 percent!

## Wake up a slumbering brain

With the help of **PS**, you'll give your brain a jolt of energy.

You'll be more mentally alert to take on those tough mental challenges.

You'll be able to draw on your mental reserves to recall critical information.

(7)Greenwell, I. Enhancing cognitive function. *Life Extension*. 6(5), 2000.

## The unique nutrient that gives your whole body a lift

Some people who take **PS** from Health Resources to slow memory loss and boost brain performance also say it helps them *feel better all over*.

Oreda Adams of Alabama puts it this way: “Please send me [another] bottle of **PS**.”

I can say it really has helped me, my memory is getting better and I feel better every day... please hurry, I'm out.”

Because **PS** is found in every cell of your body, it now appears that taking it can help your whole body feel better.

Scientific research also suggests **PS** may be

beneficial for your overall health. Medical scientists have discovered that...

■ **PS** can help keep your heart and arteries healthy. They've found it helps remove dead cells on smooth muscles in your veins.

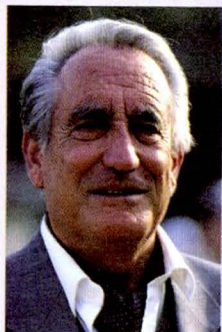
■ **PS** can help keep your blood pressure normal. In fact, one study<sup>8</sup> found that patients with blood pressure concerns generally have low **PS** levels.

■ **PS** can activate cells of your immune system, based on another study<sup>9</sup>.

(8) Bagdade J.D. et al. Abnormal lipoprotein phospholipid composition patterns in patients with essential hypertension.

(9) Bennet, M.R., et al. Binding and phagocytes of apoptotic vascular smooth cells is mediated in part by exposure of PS. *Circulation Research*. 77(6): 1136-1142, 1995





### Medical doctor sold on PS!

"As a physician caregiver for a wife with [severe mental decline] for four years, I tried all the usual [solutions]... However, all were totally ineffective in improving her inability to sleep at night for nine months, great hostility and total lack of any laughing or smiling.

"Within one week after starting PS, her sleep pattern returned to normal and within one month all hostility ceased and she is once again smiling and laughing. All of these improvements have continued for the two years that she has been taking PS. I have gladly passed my experience with PS to other caretakers of patients who reside in her Assisted Living Facility." \*

—Dr. John L. Paulus, M.D.



### Memory so much better!

"I have noticed that my memory has been getting worse for some time now. I just figured it was a natural byproduct of aging. I started taking PS a couple months ago and it is already helping me. I really didn't know how bad my memory had gotten until I started taking your PS. Thanks." \*

—G.K., Albuquerque, NM



### Mover and shaker now back moving and shaking!

"I started the PS, as I was getting sluggish and slow in my thinking. I have always been a shaker and mover, and this concerned me. I am on my third bottle and I bless God, I noticed a

great improvement. All I can say is Thanks and again thanks. By the way, I am 80 years young." \*

—Helene B., Sun City West, AZ



### "The best thing you can do for your brain"

"I showed my bottle of PS to my doctor. He said 'That is the best thing you can do for your brain. Keep taking it... it's cheaper than having [severe mental decline].' He is right. Thanks again. God Bless You." \*

—Ladatha T., Tabor City, NC

\* These statements are anecdotal and may not represent typical results. Individual results will vary. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

You'll be able to think clearly and concisely—in an instant.

And you'll be able to use your full mental powers—no matter what your age.

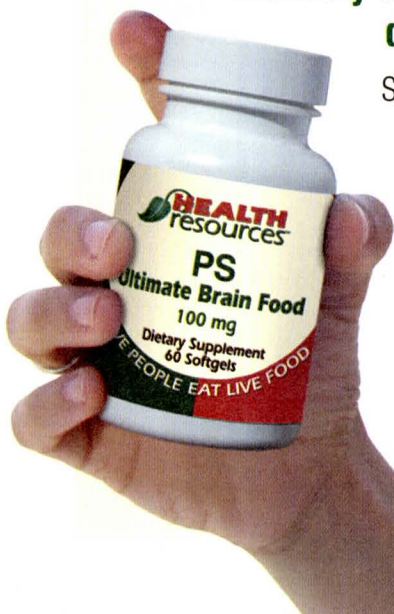
But there's even more. As you now see, PS from Health Resources can also boost your mind and your moods...

*Next page, please...*

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**PS from Health Resources.**

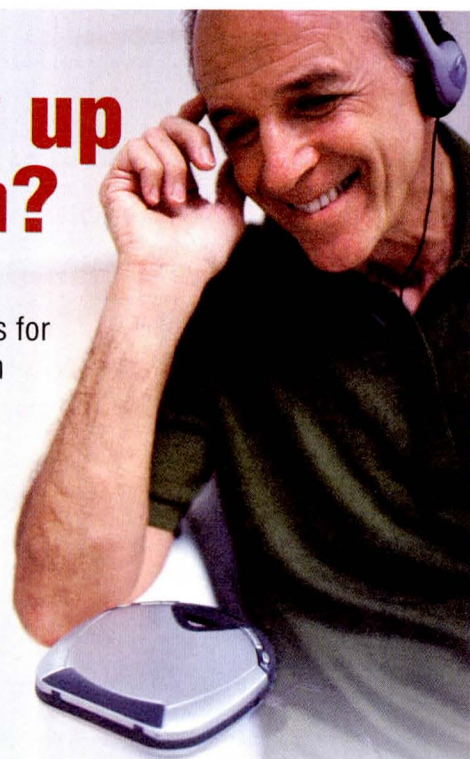


## Need to rev up your brain?

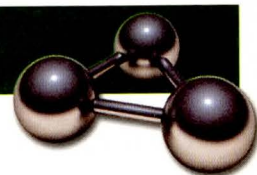
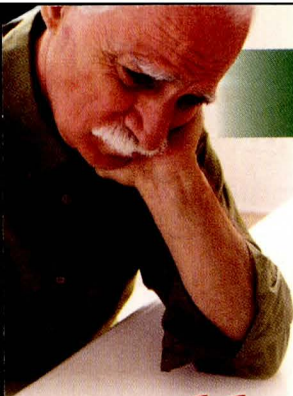
Taking PS everyday will do things for your brain that no other nutrient can do. PS from Health Resources is guaranteed to...

- ✓ Rev up your brain
- ✓ Recharge your memory
- ✓ Restock your brain cells
- ✓ Revitalize your thinking
- ✓ Re-boot your cognitive functions
- ✓ Reawaken mental slumber
- ✓ Revive critical mental channels
- ✓ Retool brain connectors
- ✓ Replace worry and fear with peace of mind

**PS can keep your brain vital and healthy for life!**







# If you're plagued by the "winter" blues, bad moods, stress, or feeling down...

...PS is proven to boost moods and lessen the negative effects of stress

MILAN, ITALY—PS is a remarkable nutrient for slowing memory loss and mental decline, but it's also being recognized as a natural mood booster and stress reliever.

This is a very important finding, because people struggling with memory loss and cognitive failure often find themselves feeling blue, dejected, or despondent. Plus, they may be irritable, stressed-out and moody.

They may also have trouble sleeping, getting along with other people, or adjusting to change. And this can put a big strain on family and business relationships.

But the latest medical research shows that taking PS daily may be the best news in a long time for counteracting the "winter" blues, bad moods, or feelings of stress.

## Stop stress in its tracks

You already know stress is bad for your health. But did you know stress is deadly for your brain?

That's right. Stress starves your brain, causing your fragile brain cells to be deprived of oxygen and nutrients.

In fact, the cells of your brain are the most vulnerable to stress in your entire body! Worse, if stress is sustained beyond a few minutes, brain cells can either be damaged or die.

It's impossible to avoid stress in your life. But you'll be glad to know that clinical research has shown PS to help your brain handle stress.

In fact, one study<sup>10</sup> showed that PS helps reduce stress by counteracting the excessive release of adrenocorticotrophic hormone (ACTH) and cortisol that occur as a result of excess stress.

But that's not all. PS can also help you...

## Beat the blues

In another study<sup>11</sup> in Milan, Italy, 10 elderly women with depressive disorders took a placebo for 15 days, followed by 300 mg a day of PS for 30 days.

Four different tests were administered to the patients before and after the placebo and before and after the PS therapy.

The results were impressive: Taking PS brought consistent improvement of depressive symptoms, memory and behavior.

(10) Kelly G.S., Nutritional and botanical interventions to assist with the adaptation to stress. *Alternative Medicine Review*. 4(4):249-265, 1999.

(11) Maggioni M, et al. Effects of phosphatidylserine therapy in geriatric patients with depressive disorders. *Acta Psychiatr Scand* (1990, Mar), 81(3): 265-70.



## Thanks for bringing my wife back!

PS has been hailed as the "miracle brain booster" for good reason.

Take the story of D. Tosh of Arizona.

His wife was in a nursing home in February, 2002, and he decided to bring her home. At that time, she did not know his name or remember where she lived.

Mr. Tosh took his wife home, and began giving her 400 mg of PS. In just three months, she was able to answer the phone and talk to relatives.

He feels that giving her PS everyday is the reason he has her back to daily company. And since they're both in their upper 80s, they can reminisce about all the wonderful years they've had together.

To order, call TOLL FREE 1-800-471-4007



And in yet another clinical trial<sup>12</sup>, **PS** showed it could *improve* moods in middle-aged and elderly patients with mental decline and other cognitive impairments.

(12) Kidd, A. Review of nutrients and botanicals in the integrative management of cognitive dysfunction. *Alternative Medicine Review*. 4(3):144-161, 1999.

### Brighter brain, brighter days

**PS** is clinically proven to help lift your brain out of the doldrums and bad moods.

It can help your brain be brighter, think more clearly and be more focused. And when those things begin to happen, you'll naturally chase away the blues.

If that's not enough, there's one more thing **PS** from Health Resources gives you. It's something everybody wants...

### A sharp mind *or* a dull brain... the choice is yours!

How much of a difference can **PS** from Health Resources make in your life? Take a look at this chart and see for yourself...

Without <b>PS</b>	With <b>PS</b> from Health Resources
■ Fading memory	■ Improved memory
■ Brain fog	■ Clear thinking
■ Mental decline	■ Getting smarter
■ Poor concentration	■ Mental alertness
■ Blank brain	■ Heightened mental abilities
■ Slow thinking	■ Fast thinking
■ Fuzzy thoughts	■ Precise thoughts
■ Bad recall	■ Excellent recall
■ Poor retention	■ Superior retention
■ Bad moods	■ Bright moods
■ Mental fatigue	■ Mentally energy
■ Poor self image	■ Alert, active, and confident



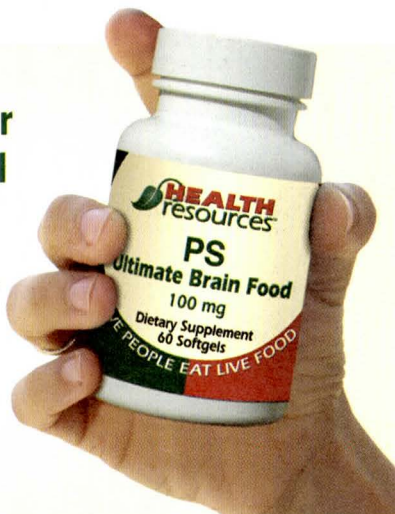
The fact is, you *don't* have to live with a fading memory, failing mental powers, or a fatigued brain one day longer. You *can* slow, stop and even improve these problems with the **PS** breakthrough!

*Next page, please...*

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**PS from Health Resources.**



## PS IS GREAT...



### GREAT FOR FIGHTING OFF MOOD SWINGS...

"When I first read about Phosphatidylserine (**PS**) several months ago, I was taking a different memory pill, which had been of some help over the past two years. When the article on **PS** mentioned more benefits than just that of a memory pill, I decided to order some. It was amazing how fast these benefits became noticeable to me!

"In a short time, my mind had definitely become sharper and my memory became even more improved and continues to do so. I've had a history of mood swings and periods of depression for the past few years and they have definitely lessened for me. Thank you for your wonderful product."\*

—Rhoda T., Reed Point, MT



### GREAT FOR EMOTIONAL STABILITY...

"I am enjoying good stability emotionally since taking your **PS**. I am 79 years old and have a history of deep depression, several times. I have been diagnosed with a chemical imbalance. I started taking your **PS** several months ago. Since then I am more emotionally stabilized and enjoy living in the real world again. Thanks so much for this fine product."\*

—Myrtle K., Russellville, AL



### GREAT FOR THE WHOLE FAMILY...

"The **PS** we ordered from you has made a great difference in our family. I give it to my children and husband as well as taking it myself. It seems as if it is a lot easier for the children to get going in the morning. Their grades have also improved greatly as they are able to concentrate a lot better."\*

—Evelyn B., Yorktown Heights, NY



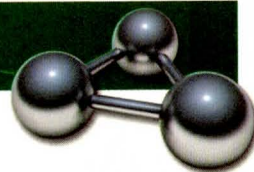
### GREAT FOR MY JOB PERFORMANCE...

"I work in construction and was having difficulty remembering critical short-term information. I had to constantly take notes on dimensions, etc. in order to do my job. I read your informative ad on **PS**. I began using **PS** and in two month's time the improvement in my memory was so much improved, I threw away my notepad!"\*

—Elmer F., Delaware, OH

\* These statements are anecdotal and may not represent typical results. Individual results will vary. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.





# Worried about losing your freedom and independence due to a “faulty” brain?

European study shows how PS can improve the quality of your life up to 49 ways

UNIVERSITY OF LIEGE, BELGIUM— People love taking **PS** for obvious reasons: It improves memory, slows mental decline, helps clear up brain fog, and makes them smarter.

But there's one more benefit **PS** gives you that goes beyond your brain: **PS** helps you keep your freedom and independence, *which improves your quality of life.*

Think about it: If your mental abilities deteriorate... if your memory fails... if your critical thinking falters... if your concentration wanes, you won't be able to keep doing all the things you love to do.

And if your mental condition worsens, you may have trouble remembering to pay your bills... turn off the stove... know where you're

## With **PS**, you won't fear losing your freedom and independence...

driving... or remember what you're doing.

You may become dependent on your loved ones or others for the most basic daily tasks.

## But **PS** can help safeguard your mind and improve the quality of your life

Consider the case of Joanne C. of Washington.

Joanne was having problems with concentration and memory. She'd start to say something, but before she could express her complete thought, she'd

forget what she was saying.

Needless to say, she was feeling panicked and very embarrassed. “Scary” would be putting it mildly!

But now, **PS** has corrected this problem, and Joanne is so relieved. She writes, “I'm looking forward to **PS** helping my memory more and more... **PS** is improving my quality of life. I'm 63 years old and hopefully I'll have many more quality years.”\*

## No more crankiness or sleepless nights

Or what about Joan H. of Texas? Talk about **PS** doing a miracle in her life!

Joan was plagued with crankiness, lack of sleep, and overall fatigue. But after only four days of taking **PS**, she feels like a new person.

\*Individual results may vary.

## Soft-Gel technology means this **PS** is absorbed faster!

Here's another reason why, if you could only take one memory-improving, brain-boosting nutrient, it should be **PS** by Health Resources. *It's a liquid soft-gel capsule, NOT a dry tablet.*

Why is this important? Because liquid soft gels are absorbed by your brain faster than dry tablets.

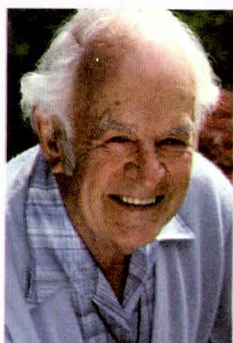
This means greater potency and bioavailability. So more memory-enriching **PS** gets to your brain, and faster, too!

As added *bonuses*, liquid soft gels are:

- ✓ Hermetically sealed to protect active ingredients.
- ✓ Tamper-proof.
- ✓ More stable—ingredients are protected from oxidation, moisture and contamination.
- ✓ Easier to swallow than dry pills or dry capsules.

No wonder liquid soft gel **PS** by Health Resources is your Number One choice!





## PS makes a "huge difference"!

"When I first read about PS I was really excited to find a product with

so much scientific research behind it. I'm in my mid 50s and have been taking it for about six months now. For the first couple months I wasn't sure if it was helping or not.

"But ever since I started taking the third bottle I can tell a huge difference! I feel so much better now. I'm not nearly as depressed as I used to be and my memory is getting better all the time. I'm excited about this product and can't wait to see how much it helps me as

I continue to take it. Thanks for spreading the word about such a great product."\*

—John B., New York, NY



## PS amazes me!

"As an active 84-year-old energetic, I misplace objects with no recall. Taking PS twice a day brings my mind back to reality! It amazes me!" \*

—Yolinda M., Wisconsin Dells, WI



## Helps me remember to pay bills on time!

"My husband and I have been taking the PS for a couple of years. I feel it helps as

I can find things I have lost and can remember to pay my bills on time." \*

—Bernice R., Hesperia, CA



## Great for even the simple things!

"In the past year, my husband has been forgetting to do simple things like mailing a letter or taking something from the car trunk. I read about your product PS in a magazine in the doctor's office and ordered it. He's been taking it for almost a year and I do see improvement in his short-term memory. Thank you." \*

—M. D., Baxter, MN

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She writes, "[With PS] I now feel alive with vigor and stamina, which I hadn't had for years. I'm 83 years old... thanks for PS. I'm alive with love for the Lord and all. Thanks for the formula of PS."\*

But the promise of PS improving quality of life doesn't rest solely on stories from people like these.

## It's also proven in this eye-opening medical study

In at study<sup>13</sup> at University of Liege in Belgium, 35 hospitalized patients ages 65-91 with mild to moderate memory and cognitive loss took 300 mg of PS, or a placebo, for six weeks.

They were evaluated on three kinds of tests: The Crichton Scale, the Peri Scale, and the psychometric "circle-crossing" test.

The result? The PS group improved in all three rating scales, including all 49 items of daily-living activities.

After the study, researchers said, "The changes observed in the present study reflect an improvement in behavior which can be useful for subjects and their families."

## Set yourself free from fear

With PS, you won't fear losing your freedom and independence...

...You won't worry about being dependent on others for daily living.

...You won't lose control of decision-making.

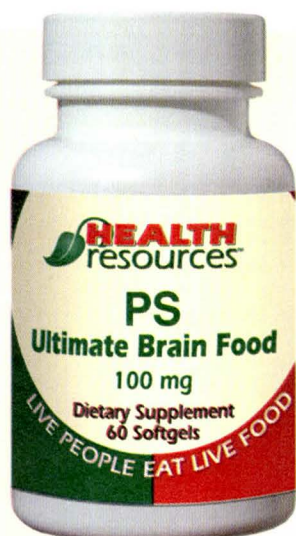
...You won't lose sleep worrying about your future.

With PS, you can keep your brain and your mind healthy, active and alert for years to come.

Sounds great, doesn't it? But if you want to get the best results from taking PS from Health Resources, here's one more important fact about memory loss you must understand...

(13) Delwaide et al, 1986

*Next page, please...*



## Accept no imitations: "Only your PS saved my memory!"

You may have seen other PS brands in the health food store or on the Internet, but don't be fooled. Only PS by Health Resources is Number One.

Thomas S. of Los Angeles, CA, puts it best.

Thomas tried many other herbs to help save his memory, but they failed. He even tried several PS products made by other companies, but they

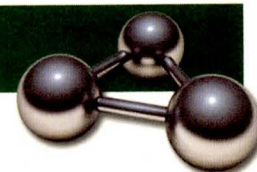
didn't work either.

But then he discovered PS by Health Resources.

He says, "Your PS was and is so good that my worry about losing my memory is gone. Only your PS saved my memory... Thank you very much."\*

Now that's a miracle!





# Don't wait. For best results, start rejuvenating your brain with PS *now*.

**Research shows memory loss is easier to prevent and improve in *earliest* stages**

In reviewing mountains of clinical studies and medical research proving the effectiveness of **PS**, researchers discovered one more important fact: *The sooner you start taking PS, the better!*

That's right! Study after study revealed **PS** worked best for patients who have less severe memory loss or memory decline.

The point is, if you can address memory loss, mental decline, brain fog, forgetfulness, lack of concentration, and diminishing brain power in the *earliest* stages, you'll find these problems much easier to prevent and improve.

This is why the *Texas Department of Health* says: "Early diagnosis increases the chances of treating these concerns successfully. It is important to identify the actual cause, as many of these conditions are reversible."

## **Sadly, most people wait until it's too late!**

You know human nature!

Most people procrastinate. They do little or nothing to slow down, stop or improve memory loss.

Most people tend to wait till the problem gets more serious—then hope and pray for a miracle.

## **But you don't have to wait. You can put the PS breakthrough to work for you, starting right now!**

The good news is, you don't have to wait five, 10, or 20 years for the next memory improving, brain-boosting breakthrough. It's here, right now.

As you've just read, **PS** is the only single supplement in the world proven by clinical studies to...

- Roll back cognitive decline by up to 12 years...
- Slow down memory loss and improve your memory by up to 44 percent...

**"Old age takes away all things, even the mind"  
—Virgil, 70 BC**

**But it doesn't have to be that way for you, thanks to the PS breakthrough!**

- Help clear up "brain fog" and make you up to 33 percent smarter...
- "De-age" your brain and make it razor-sharp once again...
- Wake up "dead" brain cells and increase your brain waves by up to 20 percent...
- Improve your quality of life up to 49 ways...
- Give you new freedom and independence...
- Help you keep up with your grandkids' mental gymnastics...
- Let you enjoy the best of life without the worry, frustration, or embarrassment of mental "slip-ups."

Imagine thinking more clearly and brightly than you have in years.

Imagine no more fear of mental decline, senility or loss of independence.

Imagine a remarkable brain booster that's safe, natural, and scientifically-proven... all yours without a doctor, prescription, or side effects.

The **PS** breakthrough can now be delivered right to your home. **PS** by Health Resources is not available in health food stores or through any other offers. So order today!

NOTE: Please turn the page for special FREE GIFTS and savings valued up to \$430.30!





## SCREENING TEST:

### Are you (or a loved one) in danger of severe memory loss or mental decline?

Use this quick at-home test to see whether the problem is severe or you're doing fine.

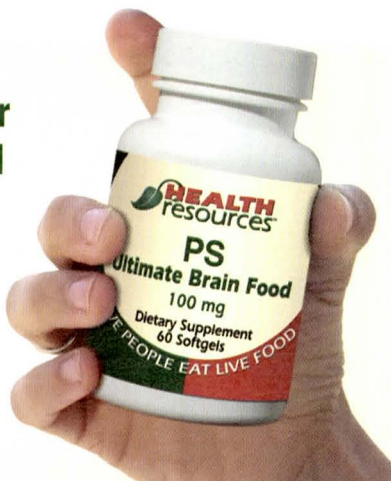
If you're concerned about a loved one, ask him or her these questions. If you're worried about yourself, have a loved one ask you the following questions:

1. What is the year, season, day, and month?
2. Where do you live—state, county, city, and floor?
3. Name any three objects, taking one second to say each. Then ask the person to repeat all three.
4. Ask the person to count backward from 100 by sevens.
5. Ask the person to spell a common word, backwards.
6. Point to a pencil and a watch, then have the patient name each item as you point to it again.
7. Have the person repeat, "no ifs, ands or buts."
8. Have the person follow this three-stage command: "Take a paper in your right hand and fold it in half. Put the paper on the floor."
9. Have the person read and obey the following: "Close your eyes."
10. Have the person write a sentence of his or her choice. The sentence should contain a subject and a verb and make sense. Ignore spelling errors.

### Guaranteed to improve your memory and reduce mental decline or it's FREE!

See page 26 for your brain-boosting, memory-improving **PS** "packs," plus special savings and FREE GIFTS valued at up to \$430.30!

**PS from Health Resources.**



**To order, call TOLL FREE 1-800-471-4007**



### PS benefited our whole family!

"My 81-year-old father lives alone and was starting to show signs of [severe mental decline]. His doctor agreed to let Dad try the **PS**. His mood improved almost immediately and he now remembers dreams, which means his short-term memory has improved. He can go shopping by himself and come home with the items he wanted to get. His conversations are more 'present tense' and no more repeating the same worn-out stories. Needless to say, **PS** has benefited the quality of life for our whole family."\* —Susan C., North Babylon, NY



### Your "brain food" is wonderful!

"I can truly say your 'Brain Food' is wonderful. My husband and I both take it. We are definitely Sr. citizens, 68 and 65. We feel like it really is a plus for our minds. We both are still working. He is part-time and helping our son with his stone business and I drive a school bus. Thank you so very much."\*

—Faye E., Broken Arrow, OK



### Gives me a real edge!

"I like the **PS**. It helps me stay mentally sharp. I feel like it gives me a real edge at work when I need it the most."\* —R.G., Douglas, WY



### Great stabilizer for my brain!

"I have been using **PS** on a daily basis for several months and find that it is a great stabilizer of my brain activity. I do not seem to be slipping into a worse condition. This is encouraging to a 92-year-old person. With continued use I'm hoping it will increase my cognition."\* —Dehaven W., Downers Grove, IL



### Recommended to all senior citizens!

"I am 84. I feel **PS** is already reversing my symptoms of [failing memory]. I would recommend it to all senior citizens."\*

—Mary Lee O., Birmingham, AL



### Significant improvement in memory and mental powers!

"**PS** twice per day has significantly improved the memory and mental processes (thinking) in both my wife, 76 years old, and in me, 78 years old. We take it regularly."\*

—Ray S., Ellijay, GA



### Love this natural solution for failing memory!

"My memory has been failing for several years and I felt I needed to find something that was not a drug. I have been taking **PS** for many months and I'm [experiencing] a great improvement. I am very pleased and thank you for **PS**."\*

—Wilmer S., Gastonia, NC

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Next page, please...



# Save your brain and

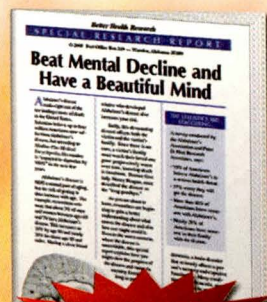
with the **SECRETS** found in these five **FREE** Special Reports.

Valued at \$99.75, they're all yours **FREE** when you order a "platinum package" of PS.

*Plus, they're yours to keep even if you return your purchase.*

## Beat Mental Decline and Have a Beautiful Mind

Experts predict the number of people suffering from severe mental decline to skyrocket by 350 percent in the next few years. But this is NOT a normal part of aging! In this must-read Special Report, you'll discover...



**\$19.95 Value  
Yours FREE!**

- The hidden causes of severe mental decline. Surprise—two out of three major causes have nothing to do with your genes!
- The one simple thing that can greatly improve the quality of life for anybody suffering from mental decline.
- 10 possible early warnings signs of severe mental decline.
- An easy, confidential, seven-minute screening test to see whether you or a loved one is in danger.
- And other remarkable natural secrets to protect your mind and memory... all FREE!

## Solved: The Secret Mystery of Aging

Why is it that some people who are 65 look 45 and others who are 65 look 85? The answer is, those who remain ageless know the secrets of extending life—life with *quality*! And this exclusive Special Report reveals those secrets for the very first time. Discover...

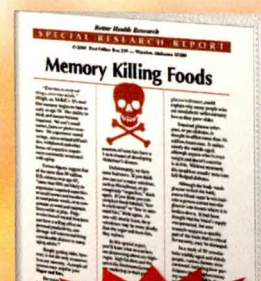


**\$19.95 Value  
Yours FREE!**

- The grim reaper that steals age, beauty, and life from most people. Surprise—it's triggered by 80 percent of the foods we commonly eat.
- How to gain life faster than you're dying. Slows the aging process down to a crawl and helps you regain youthfulness the natural way. Amazing!
- The amazing anti-aging mineral. In old, sick people, levels of this mineral are shockingly low. But you can raise your levels with delicious, readily available foods.
- The secret of "that school-girl complexion" revealed! A must for health, beauty, and long life.
- It may be the greatest breakthrough for staying young, ever. Simple technique anybody can do that floods your heart, brain, circulation and more with vitality—and best yet, it's Free! (No, it's not exercise).
- The Number One enemy of youth and beauty. Common health problem has bad, bad aging effects on your complexion, brain, and health. Easy to cure with foods!
- And many more anti-aging secrets you've never read before... all yours FREE!

## Memory-Killing Foods

Aging isn't the only reason why we lose our memory. Another huge, but overlooked reason, is foods that destroy memory. You'll discover...

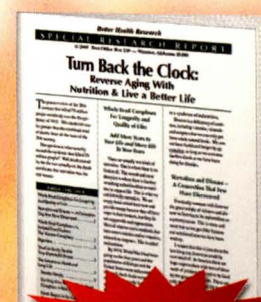


**\$19.95 Value  
Yours FREE!**

- For every person suffering from severe mental decline, *eight* may suffer memory loss due to high blood sugar!
- Shocking mental decline/fat link! Studies show that people who eat higher amounts of trans fat have a 1-in-6 chance of developing this problem.
- How too much sugar can shrink your brain. Startling study results from New York University School of Medicine.
- Beware of artificial sugar substitutes. Why a popular sweetener could trigger "episodic memory loss"—forgetting you did an earlier task. The Texas Christian University study.
- Shocking reason why even foods labeled "low in cholesterol" and "low in saturated fat" may cause memory loss. Easy way to know you're in danger.
- Plus, much, much more—all yours FREE!

## Turn Back the Clock: Live a Better Life

At last, science has unraveled the mystery of aging! Now you can turn back the clock on aging with the simple yet powerful secrets revealed in this exclusive Special Report. You'll discover...



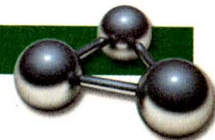
**\$19.95 Value  
Yours FREE!**

- Full-belly starvation. Why most people exist on "empty" foods that taste good and give you energy—but actually make you older and sicker. The great deception.
- Shocking reasons why commercial foods and fillers violate the laws of health and longevity.
- Warning: The danger of high-acid foods that most commercial food manufacturers produce.
- The vitamin conspiracy. What's really wrong with synthetic vitamins and why you should always take natural vitamins (whole-food complexes), instead.
- The truth about digestion. Why it's a big problem as we age, and why poor digestion can cut years off your life.
- The right kind of foods to eat to extend your life... help you slim down... and lower your blood pressure, too.
- Plus, many more age-defying breakthroughs, all yours FREE!

**To order, call TOLL FREE 1-800-471-4007**



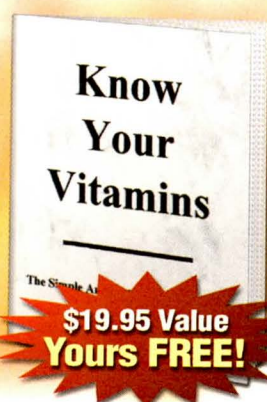
# boost your body



## Know Your Vitamins (and Solve 380 Ills)

Now, in this valuable Special Report, you'll discover simple vitamin solutions for more than 380 common health problems and maladies. You'll learn amazing, natural, low-cost remedies for...

- Aching neck or shoulder: This common mineral can do miracles.



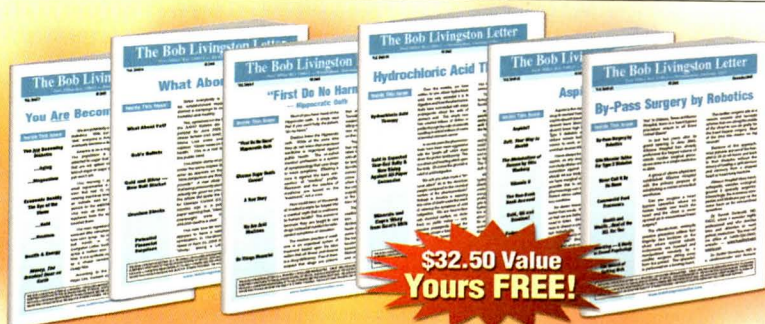
- Acid stomach: Try this vitamin complex for soothing comfort.
- Joint problems: The trace minerals from this plant's seeds work wonders
- Fatigue: The mineral that pumps up your energy.
- Heart problems: The 10-cent cardiovascular booster.
- Mental depression: Why this salty secret brings new hope.
- And hundreds more quick, easy, inexpensive vitamin remedies, all yours FREE!

All five Special Reports—a \$99.75 value—are your FREE when you order a “platinum package” of PS.

**Extra Special FREE GIFT** when you order a “platinum package” of PS:

**Six months of the world-famous Bob Livingston Letter...**

*to help you live independently healthy and wealthy for the rest of your life!*



For more than 35 years, *The Bob Livingston Letter* has been revealing the, “other side of the story.” No other newsletter in America exposes the deep, dark secrets of Big Government, Big Medicine, and Big Finance, all so you can protect your wealth and your health.

This is the information the Fat Cats don't want you to know. They want to keep feeding you lies, half-truths and self-serving explanations. All to separate you from your money, your health, and your independence.

BUT NO MORE! Now, for the first time, you'll get the truth behind today's biggest health and wealth headlines with untold stories such as...

- **The “natural bypass” that heart surgeons pray you never hear about.** If word gets out, they'll lose so much business they'll have to cancel their country club memberships and start driving old clunkers.
- **The new IRS trap that causes thousands to overpay their taxes.** How to make sure you're not the next victim.
- **Sweet poison!** More than 100 million people in the U.S. use artificial sweeteners. But did you know they can cause

severe headaches, seizures, vision problems, extreme fatigue, depression and more?

- **Can the government seize your assets without ever charging you with a crime?**

You bet! 300 federal statutes on civil forfeiture are on the books and you could be the next innocent target.

- **The next great bull market is ripped right from today's headlines, yet most investors will completely miss it!** Get in on the coming Energy Shock now, and you'll grow rich and make up for any lost profits in a hurry.
- **Beyond blood thinners and clot-busting drugs.** The amazing Japanese secret that makes your body immune to heart attack and brain disasters.
- **Warning—the government can easily “snoop” into your bankbook, investment portfolio and even your computer.** How to make yourself an “invisible investor” for greater privacy, protection, profits, and peace of mind.
- **Shocking news about synthetic hormones for women!** So-called “estrogen therapy” has probably killed more American women than wars have killed American men! But now there are safe, natural alternatives.
- **How to keep more of your money out of the clutches of the greedy government.** Secrets for creating an

iron-clad portfolio nobody but you can touch.

- **Men—slash your risk of heart problems by 30 percent!** It's as easy as munching on this nutty snack. Amazing!
- **And many more secrets nobody else is telling you—all yours, FREE!**

**Receive six jam-packed issues of this must-read newsletter, FREE, with your “platinum” order of PS.**



### Results speak for themselves:

“Bob, your writing on cancer and heart disease sounds too simple and cheap to me true, but we are seeing definite results. We are so grateful to you because we got nothing from conventional doctors but the usual drugs. Thank you.”\* —Stan R., Greenwood, IL



### 200 percent profit, thanks to you!

“Out of over 20... publications... I receive, yours is tops in your category. It is intellectually devoured on arrival... On your advice, I bought Newmont Mining at \$15.53—now at \$46.63... Thank you.”\* —L.S., Pencil Bluff, AK



**ALSO YOURS FREE** when you order a "silver package" or better of PS...

The single best way to

# Make your body virtually cold-and-flu-proof



...and enjoy immediate relief from:

- ✓ Allergies
- ✓ Sinus infections
- ✓ Upper respiratory congestion
- ✓ Nostril dryness and bleeding
- ✓ PLUS, enjoy better breathing 24 hours a day!

All of these benefits—and many more—are now available to you with **BreatheFree™ Nasal Wash**... an all-natural, scientifically-developed breakthrough that's yours **FREE** when you order a "silver package" or better of **PS!** Just read on...

**BreatheFree™ Nasal Wash** is a potent and proven blend of bacteria-fighting nutrients that washes away nasal-borne invaders and helps wipe out sickness and infection—safely, naturally, and easily!

Its special blend of natural ingredients works together not one but three ways to:

- ✓ **Attack and destroy bacteria at your body's first "port of entry:" Your nose.** This is crucial because more than 90 percent

of the dangerous microorganisms and bacteria that threaten your immune system enter through your nose.

- ✓ **Inhibit bacterial growth and adhesion in nasal passage**, while giving you anti-inflammatory and moisturizing benefits at the same time.
- ✓ **Prevent bacteria from building up their resistance**, as they may do with synthetic antibiotics, so you get safe, all-natural relief!

**BreatheFree™ Nasal Wash** deploys a revolutionary new strategy in the war on infection-causing bacteria.

People all across America are using it to curb ear, nose, and other upper respiratory problems. Plus, it relieves sinus congestion problems, allergic conditions, and even occasional bronchial constriction.

Don't sit back and hope infection-causing bacteria pass you over. **GO ON THE OFFENSIVE** and protect yourself and your loved ones from sore throats, coughing, sneezing, watery eyes, aches and pains, headaches, fevers, chills, and massive head congestion with **BreatheFree™ Nasal Wash**.

## Just take a look at a few comments from grateful people who love BreatheFree™:



### STOPPED SINUS TROUBLES AND HEADACHES!

"I just have one thing to say about BreatheFree™... it's GREAT! I have very bad sinuses that sometimes bleed very badly... and I wake up every morning with a bad headache... [with BreatheFree™] it took one week before I stopped having headaches and bleeding sinuses. I won't be without it."\*

—Patsy D., GA



### SKEPTIC WON OVER!

"I questioned if BreatheFree™ worked. Let me tell you, it works! Having suffered with allergies for 25 years, I have used a lot of nose sprays. When I read about BreatheFree™, I was skeptical. I couldn't believe the results! Within four to six days, I could breathe, and it continued to work. My nose dries out and it makes it

BreatheFree™ again. It's great! I will never use anything else ever."\*

—Joy D., Omaha, NE



### WORKS BETTER THAN ANYTHING ELSE!

"BreatheFree™ has soothed my allergies and chronic post nasal drip more than any drug or pill I have ever taken. I feel that in all of these over 80 years, I've tried them all. Thank you, BreatheFree™. It has helped me so much!!"\*

—Paula B., Atascadero, CA



### DOCTOR'S HIGHEST ENDORSEMENT TO STOP COLDS AND FLU!

"The BreatheFree™ Nasal Wash is an excellent, easy-to-use product which is both effective for head cold and influenza prevention, as well as being harmless. I use it daily."\*

—William Eggerton, M.D.



### PROBLEMS GONE!

"Nasal Relief! Colds Subdued! Allergies Gone! Thank you!"\*

—Lawrence C., Yonkers, NY



### INCREDIBLE PRODUCT!

"I have suffered from sinus infection for years. Within days of using BreatheFree™, I noticed a dramatic difference. I no longer experience drainage during the day, and for the first time in years, I'm able to breathe through my nostrils at night. Anyone who suffers from allergies and sinus problems should try this incredible product."\*

—Dave T., Eagle Mountain, UT

**Remember, the BreatheFree™ Nasal Wash breakthrough is yours FREE when you order a "silver package" or better of PS. See page 26.**

\* These statements are anecdotal and may not represent typical results. Individual results will vary. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



**100%, no-risk, lifetime, money-back triple guarantee**

## **PS is guaranteed to improve your memory and reduce mental decline, or it's FREE!**

**Since you risk nothing, why not order the PS breakthrough today?**

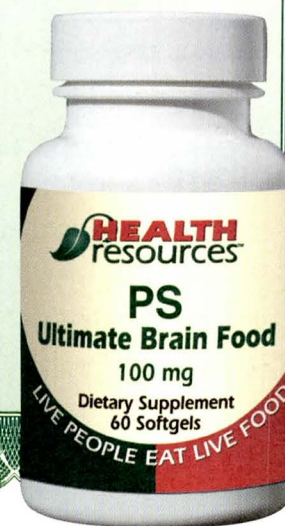
You won't risk one cent by trying **PS** from Health Resources. That's because your order is protected by not just one, but three ways:

**GUARANTEE No. 1:** **PS** from Health Resources is guaranteed to reduce mental decline... improve your memory... clear up "brain fog"... make yourself smarter... and give you a new sense of mental freedom and independence—or it's yours **FREE!** That's right! You must be completely satisfied with **PS** from Health Resources or you pay nothing.

**GUARANTEE No. 2:** **PS** from Health Resources is guaranteed to be backed by research on **PS** that proves it works, including 64 worldwide clinical studies, 17 of which were double-blind placebo-controlled, and on more than 2,800 research papers documenting the effectiveness and safety of this brain-boosting, memory-protecting nutrient. Compare that kind of irrefutable research to any other brain nutrient. You must be completely satisfied with **PS** from Health Resources or you pay nothing.

**GUARANTEE No. 3:** **PS** from Health Resources is guaranteed to meet and exceed the highest quality standards for ingredients, bioavailability, and potency. It is tested to ensure that you get exactly what we promise—the highest-quality brain nutrition available today in each and every soft-gel. You must be completely satisfied with **PS** from Health Resources or you pay nothing.

In fact, should you in any way be dissatisfied with **PS** from Health Resources, you may return any unused bottles—any time—for a full, 100 percent refund! This is not a pro-rated, limited-time guarantee, but a **100 percent money-back guarantee for life!** Try finding a guarantee like that in any health food store. What's more, should you cancel, your **FREE GIFTS** are yours to keep with our compliments. Could anything be fairer and less risky than that?



## **Get an extra FREE GIFT** *if you order within the next 10 days!*

### **The World's BEST Anti-Cold & Flu Program**

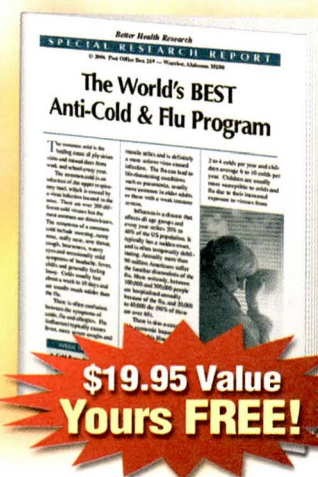
Imagine how good and safe you and your family will feel if you never (or rarely) suffer from colds or flu. Impossible? Not with the immune-boosting, cold-fighting, flu-banishing secrets revealed in this must-read Special Report. Discover...

- The hidden risk of ordinary flu that can turn it... deadly!
- Cold remedy rip-off! More than \$1 billion is spent every year on over-the-counter cold remedies, yet they offer only temporary relief from symptoms at best.
- The single most important thing you can do to keep from getting sick. No doctor or medicine required!
- The "ultimate" cure for colds and flu: Pure water! Advice from doctor who wrote *Your Body's Many Cries for Water*.
- The shocking link between stress, colds and flu. What your doctor has never told you!
- Common toxins can significantly raise your risk of colds and flu. But this natural discovery sweeps out toxins,

keeps your colon clean and boosts your immunity.

- Healing "foods of the future" are here now! Whole food concentrates that give you an iron-clad body free of colds and flu.
- The 10 cent cure for colds. Most people are 80 percent deficient of this amazing vitamin.
- The sauna secret that reduces your risk of a common cold by up to 30 percent. Based on surprising Swedish research.
- Plus, much, much more. Combine this **FREE** Special Report with your **FREE** bottles of **BreatheFree™ Nasal Wash** and say goodbye to colds and flu!

But hurry! To claim this extra **FREE GIFT**, you must order within the next 10 days!



**To order, call TOLL FREE 1-800-471-4007**



# You don't have to accept an aging brain!

Take the one supplement clinically proven in 64 studies to protect, save and boost your mind and memory!

## Four special packages for ordering PS from Health Resources:

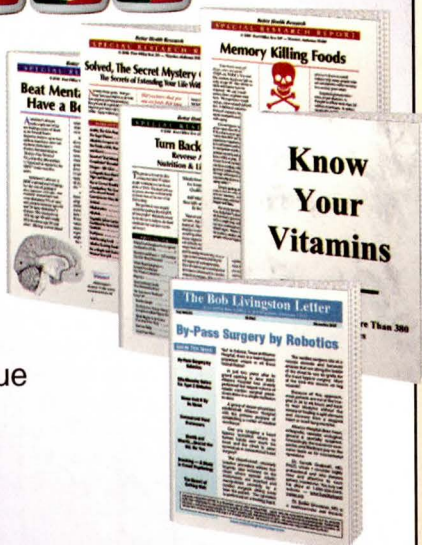
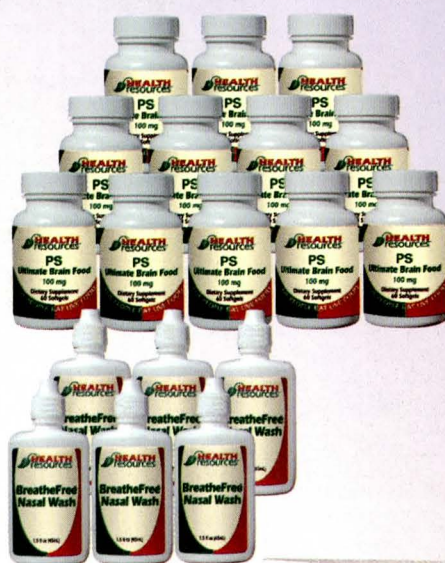
**BEST DEAL!**  
\$430.30 in savings  
and FREE GIFTS!  
Lowest price per bottle!

### The "platinum package"

#### Includes:

- A 12-month supply of **PS** at a special 35 percent savings and just \$29.15 per bottle (the lowest price offered)
- Six FREE bottles of **Breathe-Free™ Nasal Wash** to cold- and flu-proof your body, an \$101.70 value
- Five FREE Special Reports, a \$99.75 value
  - ✓ *Beat Mental Decline and Have a Beautiful Mind*
  - ✓ *Solved: The Secret Mystery of Aging*
  - ✓ *Turn Back the Clock: Live a Better Life*
  - ✓ *Memory-Killing Foods*
  - ✓ *Know Your Vitamins (and Solve 380 Ills)*
- A FREE six-month subscription to *The Bob Livingston Letter*, a \$32.50 value
- FREE Shipping and Handling, a \$6.95 value

**That's a total of savings and FREE GIFTS worth a whopping \$430.30!**



### The "gold package"

#### Includes:

- A six-month supply of **PS** at special 26 percent savings and just \$33.25 per bottle
- Three FREE bottles of **Breathe-Free™ Nasal Wash** to cold- and flu-proof your body, a \$50.85 value
- Four FREE Special Reports, a \$79.80 value
  - ✓ *Beat Mental Decline and Have a Beautiful Mind*
  - ✓ *Solved: The Secret Mystery of Aging*
  - ✓ *Turn Back the Clock: Live a Better Life*
  - ✓ *Memory-Killing Foods*
- FREE Shipping and Handling, a \$6.95 value

**That's a total of savings and FREE GIFTS worth a \$207.80!**



### The "silver package"

#### Includes:

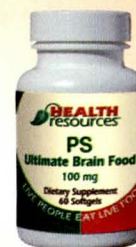
- A three-month supply of **PS** at a special 15 percent savings and just \$37.95 per bottle
- One FREE bottle of **Breathe-Free™ Nasal Wash** to cold- and flu-proof your body, a \$16.95 value
- Three FREE Special Reports, a \$59.85 value
  - ✓ *Beat Mental Decline and Have a Beautiful Mind*
  - ✓ *Solved: The Secret Mystery of Aging*
  - ✓ *Turn Back the Clock: Live a Better Life*
- FREE Shipping and Handling, a \$6.95 value

**That's a total of savings and FREE GIFTS worth a \$104.75!**



### The "bronze package"

- A one-month supply of **PS** at the regular rate of \$44.95 plus \$6.95 shipping and handling

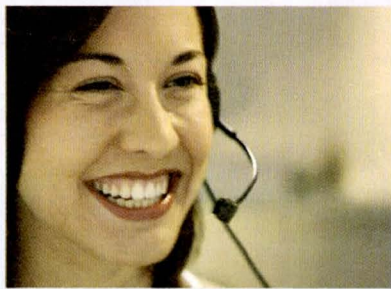


### AND... Your Fast-Reply Bonus!

For ordering within 10 days, you'll receive yet another FREE GIFT, the Special Report: *The World's BEST Anti-Cold & Flu Program*, valued at \$19.95 but yours FREE!







## ORDERING IS EASY!

- 1.) Make your selection.
- 2.) Complete the order form.
- 3.) Mail the order form and payment in the post-paid envelope to:

### Health Resources™

P.O. Box 3623  
Hueytown, AL 35023

OR

Call toll-free now—  
**1-800-471-4007**

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

OR

Fax BOTH sides of the  
order form to  
**1-800-941-6920**

## REMEMBER:

The sooner you start taking PS by Health Resources, the sooner you can help slow down mental decline, improve your memory and get smarter—no matter your age! So hurry—call, write, or fax today! And don't forget your extra FREE Gift by ordering within 10 days.

OFFER GOOD FOR THE NEXT 30 DAYS!

# PS is guaranteed to improve your memory and reduce mental decline, or it's FREE!

☐ **YES!** I want to take the only nutrient proven in 64 clinical studies to reduce mental decline, improve memory, wake up “dead” brain cells and boost brain powers, **PS**—the miracle brain booster. Please rush me the **PS** “package” checked below, all backed by a 100%, no-risk, lifetime, money-back triple guarantee... so I risk nothing!

☐ **PLATINUM—BEST DEAL!** The 12-month “platinum package” of PS, the miracle brain booster, for just \$349.80 (SAVE \$189.60 off regular price)

#### Includes:

- ▶ A 12-month supply of **PS** at a special 35% savings and just \$29.15 per bottle (the lowest price offered)
- ▶ Six FREE bottles of **Breathe-Free™ Nasal Wash**, a \$101.70 value!
- ▶ Five FREE Special Reports, *Beat Mental Decline and Have a Beautiful Mind*, *Solved: The Secret Mystery of Aging*, *Turn Back the Clock: Live a Better Life*, *Memory-Killing Foods* and *Know Your Vitamins (and Solve 380 Ills)*, a \$99.75 value!
- ▶ A FREE six-month subscription to *The Bob Livingston Letter*, a \$32.50 value!
- ▶ FREE Shipping and Handling, a \$6.95 value!

That's a total of savings and FREE GIFTS worth a whopping \$430.30!

☐ **GOLD—**The six-month “gold package” of PS for just \$199.50 (SAVE \$70.20 off regular price)

#### Includes:

- ▶ A six-month supply of **PS** at a special 26% savings and just \$33.25 per bottle!
- ▶ Three FREE bottles of **Breathe-Free™ Nasal Wash**, a \$50.85 value
- ▶ Four FREE Special Reports, *Beat Mental Decline and Have a Beautiful Mind*, *Solved: The Secret Mystery of Aging*, *Turn Back the Clock: Live a Better Life* and *Memory-Killing Foods*, a \$78.80 value!
- ▶ FREE Shipping and Handling, a \$6.95 value!

That's a total of savings and FREE GIFTS worth a \$207.80!

☐ **SILVER—**The three-month “SILVER PACKAGE” of PS for just \$113.85 (SAVE \$21 off reg. price)

#### Includes:

- ▶ A three-month supply of **PS** at a special 15% savings and just \$37.95 per bottle!
- ▶ One FREE bottles of **Breathe-Free™ Nasal Wash**, a \$16.95 value!

- ▶ Three FREE Special Reports, *Beat Mental Decline and Have a Beautiful Mind*, *Solved: The Secret Mystery of Aging* and *Turn Back the Clock: Live a Better Life*, a \$59.85 value!
  - ▶ FREE Shipping and Handling, a \$6.95 value!
- That's a total of savings and FREE GIFTS worth a \$104.75!

☐ **BRONZE—**A one-month “bronze package” of PS for \$44.95 plus \$6.95 shipping and handling.

☐ I'm ordering within 10 days. Please rush me the FREE GIFT, the Special Report: *The World's BEST Anti-Cold & Flu Program*, valued at \$19.95 but yours FREE!

#### PLEASE SELECT YOUR PAYMENT OPTION:

☐ Enclosed is my check or money order for \$\_\_\_\_\_ made payable to Health Resources.  
(Alabama residents, please add 4% sales tax.)

☐ Please bill my: ☐  ☐  ☐  ☐ 

Card # \_\_\_\_\_ Exp. Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Signature: \_\_\_\_\_

Phone: (\_\_\_\_\_) \_\_\_\_\_

(Phone optional, in case we have a question about your order.)

☐ YES, I'd like to receive e-mails on new natural health discoveries and breakthroughs, plus special recommendations and savings opportunities. I understand my e-mail address will never be rented or sold, and I understand I can unsubscribe at any time.

E-mail address: \_\_\_\_\_ (optional)

No need to write your name and address. Just check the label on the back cover, and please correct it if necessary. Thank you.

**FOR FASTEST SERVICE,  
CALL TOLL-FREE,  
1-800-471-4007**

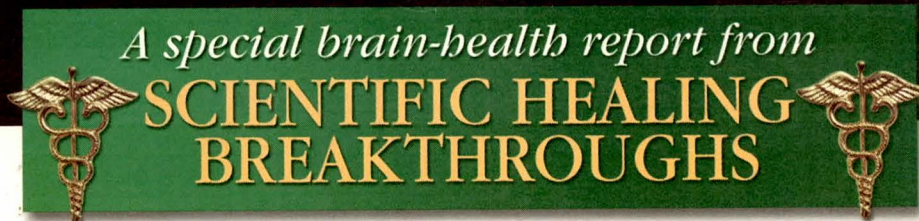
or fax BOTH sides of this  
form to 1-800-941-6920

**WE'RE OPEN 24 HOURS  
A DAY, 7 DAYS A WEEK!**

We're standing by right NOW  
to take your free call and rush  
your FREE GIFTS and PS™.

Don't wait—  
first come, first served!



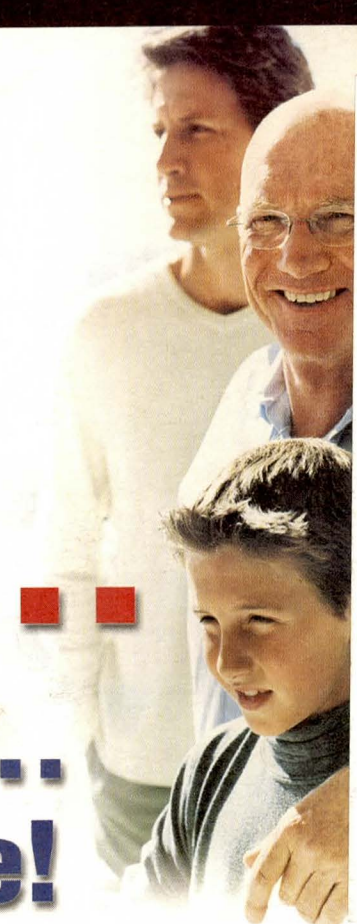


64 clinical studies and more than 2,800 research papers now document the natural breakthrough "brain nutrient" that means to many...

# No more fear of memory loss...

## No more worry about senility...

## No more loss of independence!



Proven by leading doctors and used by more than 31,000 people, many who report:

- ▶ "[It's] the single best means for conserving memory and other higher brain functions"... page 4
- ▶ "Has dispelled my fear of senility"... page 4
- ▶ "My memory has jumped 100 percent!"... page 3
- ▶ "My 90-year-old brain is keener than ever"... page 11
- ▶ "Cleared the cobweb's out"... page 11
- ▶ "Never thought I could be so smart—a miracle brain booster"... page 13
- ▶ "I no longer worry about being embarrassed by forgetting"... page 13
- ▶ "Less mood swings, sharper mind and improved memory"... page 17
- ▶ "Has made a great difference in our family; grades have improved"... page 17

***Read all about this natural health miracle inside!***

HR-NL247

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Hueytown, Alabama 35023

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