



Which of these 5 Early Warning Signs of Memory Loss do you have?

1. Brain "fog"...
2. Ordinary forgetfulness...
3. Senior "moments"...
4. Lapses in concentration...
5. Or brain fatigue?



"Hon, do you know where I put my hat and my glasses?"

If so, you may be in the early stages of normal age-related memory loss.

OPEN for a groundbreaking, little-known nutrient that works wonders to nourish your brain and even slow age-related memory decline.

More than 60 clinical studies document its remarkable results time and time again like...

■ **Rolling back up to 12 years of memory decline!** Stanford University researchers call this nutrient the "best ever for retarding normal Age-Associated Memory Problems"... page 5

■ **Improving your memory by up to 44 percent!** Don't just protect your memory—improve it with this brain-boosting "miracle" verified by the University of Catania in Italy... page 8

And, do you want to...

- Clear up your thinking?... see page 12
- Brighten your moods?... see page 16
- Wake up a sluggish brain?... see page 18
- Restock your brain cells?... see page 20

...Then LOOK INSIDE!

THE WALL STREET JOURNAL

The Wall Street Journal notes this discovery is
"an effective memory supplement ingredient"

...page 11



A staggering 76 percent of Americans suffer from “senior moments,” including memory lapses and decreased alertness!

But now, you don't have to suffer the same fate with the powerful nutrient that can give you dramatic improvement in your memory and thinking skills

Dear Health-Smart Friend,

If you ever worry about a failing memory... ordinary forgetfulness... cloudy thinking... or losing your freedom and independence because of age-related mental decline, this may be the most important Special Report you'll ever read.

Why? For three important reasons.

One: You'll discover that most doctors and most conventional medical treatments offer you *little* or *no hope* for age-associated memory problems.

Ask your doctor what to do for a “dull” brain, and the answer you'll probably get is, “That's

normal as you age.” As you'll see, that's HOGWASH!

Two: You'll discover the hidden reasons why so many Americans are suffering from mental “power outages,” even as early as age 30.

The fact is, your brain changes with age and is constantly being hammered by free radicals, prescription medications, stress, and/or invisible toxins in the your food, water, and air. As you'll see, there's now a natural solution for these problems.

Three: You'll discover a natural health phenomenon hailed as “the miracle brain booster” called **PS—Ultimate Brain Food™**.

How Annie, 74, of Arizona WOKE UP!

At 74, Annie T. of Arizona was lost. Her brain just fell asleep.

This was a crushing blow to Del, her devoted husband. “She didn't even remember me when I went to visit her in the nursing home.”

But then Del starting giving Annie just two capsules of **PS—Ultimate Brain Food™**—and what happened next could only be called a miracle.



All across America, over 89,424 grateful people have discovered how this natural breakthrough can mean no more fear of mental decline or loss of independence—and peace of mind. And it can give you the same security, too.

What's more **PS—Ultimate Brain Food™** makes clear...

Three shocking truths about memory loss most doctors don't know about

You'll soon be counting your

TRUTH NO. 1: It's now possible for you to slow down age-related memory loss... greatly enhance memory and thinking ability... clear up brain fog... and rejuvenate your brain with the **PS** breakthrough.



blessings because you'll know...

Most people think there's nothing they can do to help save their memory as they age. So they suffer lapses in memory... fuzzy thinking... bad moods... and even devastating mental declines.

But as you'll see in this Special Report, it doesn't have to be that way for you!

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IN THIS SPECIAL ISSUE:

- **FAILING MEMORY?** Don't accept it—*improve* your memory by up to 44 percent page 8
- **BRAIN FOG?** Clear up cloudy thinking in a flash page 12
- **EMBARRASSED BY FORGETFULNESS?** “De-age” your brain and make your mind razor-sharp again . . . page 15
- **FEEL LIKE YOUR BRAIN’S “SLUMBERING?”** Wake up “dead” brain cells without drugs or a doctor . . . page 18
- **LOSING YOUR INDEPENDENCE?** Avoid memory loss and enhance your quality of life up to 49 ways page 21

This product is not intended to be a substitute or replacement for any drug, surgery, or any other medical treatment. Seek the advice of a competent healthcare professional for your specific health concerns.

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.ncerns.

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 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 shield your brain from age-related memory loss and actually help undo the damage... all with the **PS** breakthrough.

But where's the proof? There's plenty as you'll now see...

Next page, please.



Stunning Results!

"A mere 300 mg a day in over a dozen studies have provided marked improvement in memory and thinking ability."

—Dr. Sherry Rogers



"Taking [this pill] has dispelled my fear of senility."

—David S., Henderson, NV



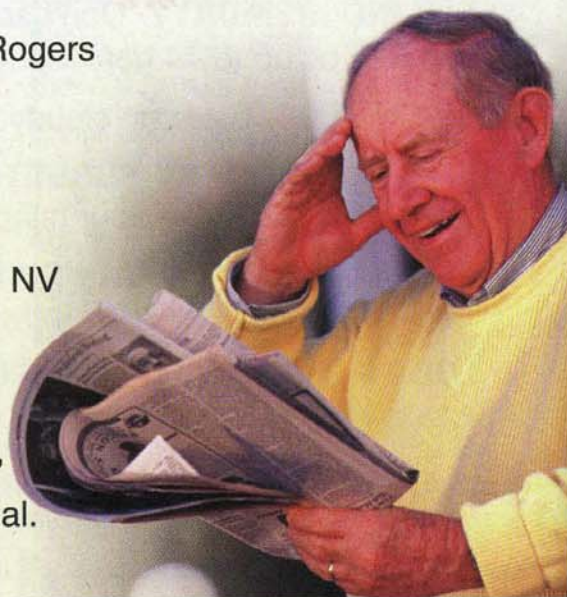
"This is the best-studied nutrient for avoidance of cognitive decline."

—Dr. Crook, et al.

Individual results may vary.

"My wife and I take this and have no noticeable deterioration in memory function."

—Robert P., Sedona, AZ



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Stanford University study proves this discovery can help restore up to 12 years of memory loss!

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

Did you know that as you age...

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

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

...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.

✓ **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 **fourth 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, PS is derived from a nutrient called Phosphatidylserine,

Next page, please...

or **PS** for short.
PS is a nutrient made from soy that nourishes your brain and slows mental decline.

This amazing nutrient is vital for avoiding 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.

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, III

...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.

But if you take **PS** every day, you can...

WARNING: Popular heart drug will shrink your brain

Did you know the drugs most often prescribed by cardiologists—calcium channel blockers—are proven to shrink your brain and lower your I.Q. within five years? Other factors that harm your brain:

- 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 cells to death.

- 6)** A poor diet, lack of exercise, poor health, and low energy sap your brain of power.



- 7)** 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—Ultimate Brain Food™** from Health Resources™ to help offset these brain killers and help keep your mind youthful for years to come!



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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 study¹ 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 to 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.

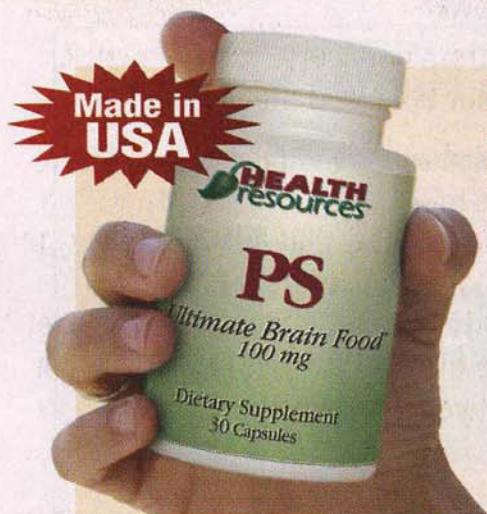
Best yet, by comparing these results to the expected mental decline of data of thousands of subjects, Dr. Crook and his colleagues concluded that **PS** helped *roll back 12 years of memory decline!*

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)."

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

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

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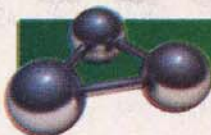


Guaranteed to help improve your memory and guard against mental decline or it's FREE!

See page 25 for your brain-boosting, memory-improving **PS** "packs," plus special savings and FREE GIFTS valued at up to \$266.70!

PS—Ultimate Brain Food™ from Health Resources™.

To Order, Call TOLL-FREE 1-800-471-4007 or go to www.UltimateBrainFood.com



Italian scientists document how PS saves your memory and improves it by up to 44 percent!

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

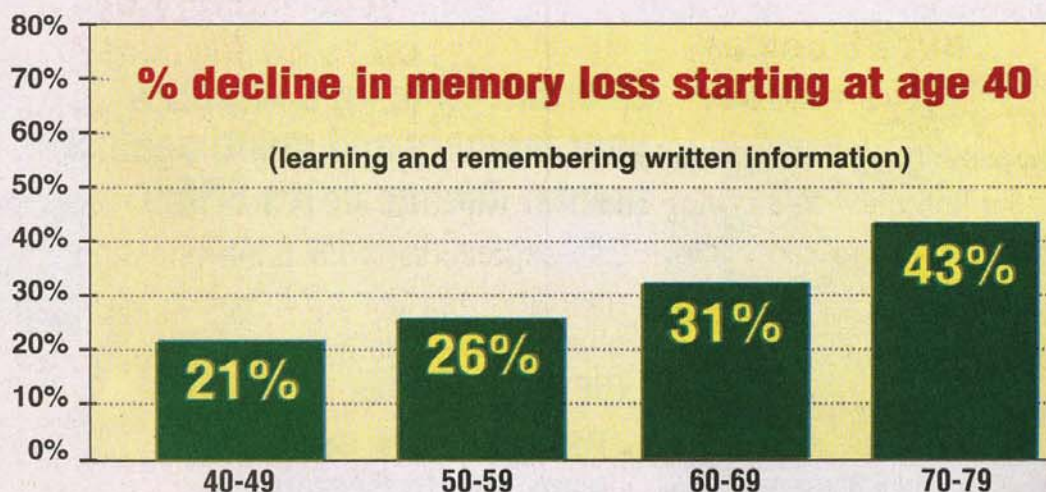
This is great news if you sometimes can't remember names or faces... forget where you put things... forget to pay your bills... or are frustrated because you can't recall the past.

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 ages of 25 and 65. Your memory is going to change."

What's more, a study² of 1,532 people confirmed these findings showing a decline in memory, learning, and remembering written information with age (see below).

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



(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).



The shocking link between age spots and mental decline

Did you know brown spots on the skin that most people call "age spots" may also be a sign of mental decline?

Brown spots on your skin are known as "lipofuscin," and when lipofuscin occurs in your brain, a greenish-brown slime forms on your brain's neurons.

As slime builds on your brain, it's as if your brain is rusting. And

that means it has a harder time sending vital instructions to the rest of your body.

The good news is, **PS** helps scrub the rust off your brain.

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



The National Council of Aging 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]."

But PS comes to the rescue!

Remarkably, **PS** does 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.

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 study³ at the University of

Continued on page 11...

(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).

Doctors stand behind PS



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 types of memory loss. Some are long range, 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!

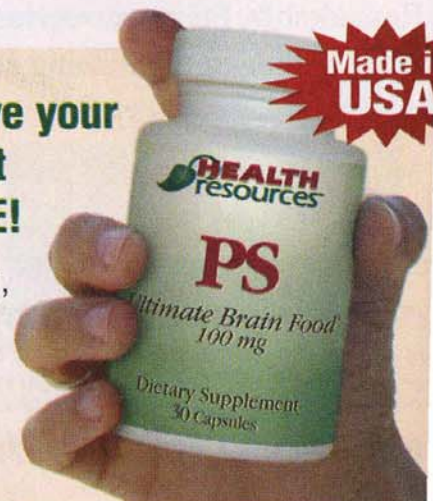
"Your 'PS' product is really helping. I already can tell a difference in my ability to remember names and faces after only a month of taking your product. Hopefully it will only get better."
—F.G., Medford, OR

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Guaranteed to help improve your memory and guard against mental decline or it's FREE!

See page 25 for your brain-boosting, memory-improving **PS—Ultimate Brain Food™** "packs," plus special savings and FREE GIFTS valued at up to \$266.70!



Continued from page 9.

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 below shows.

Besides shielding your brain from mental decline and improving your memory by up to 44 percent, **PS** also gives you this next remarkable benefit...

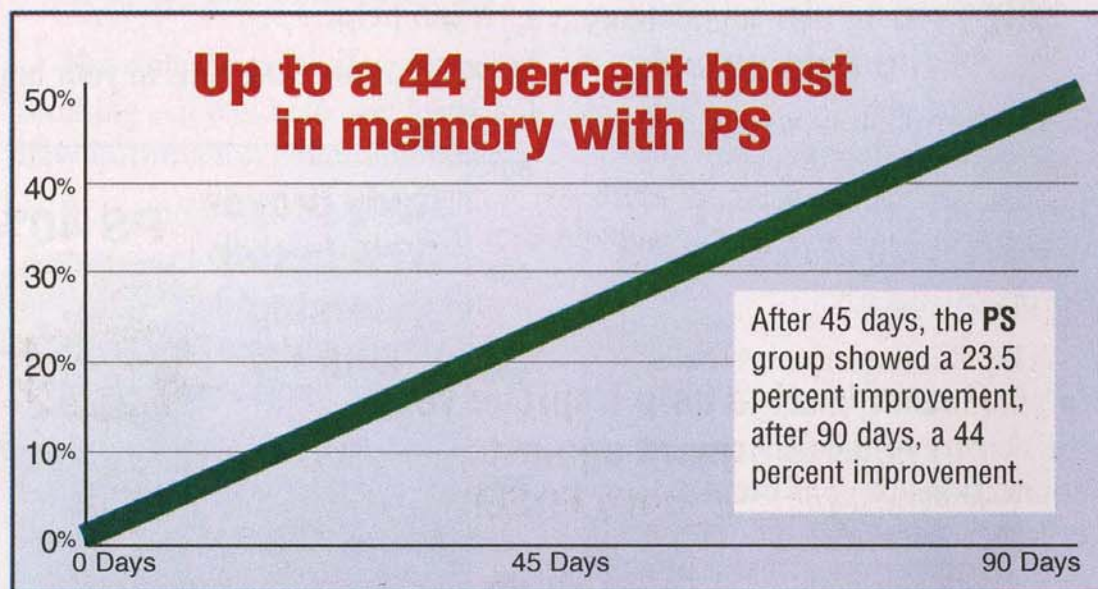
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THE WALL STREET JOURNAL

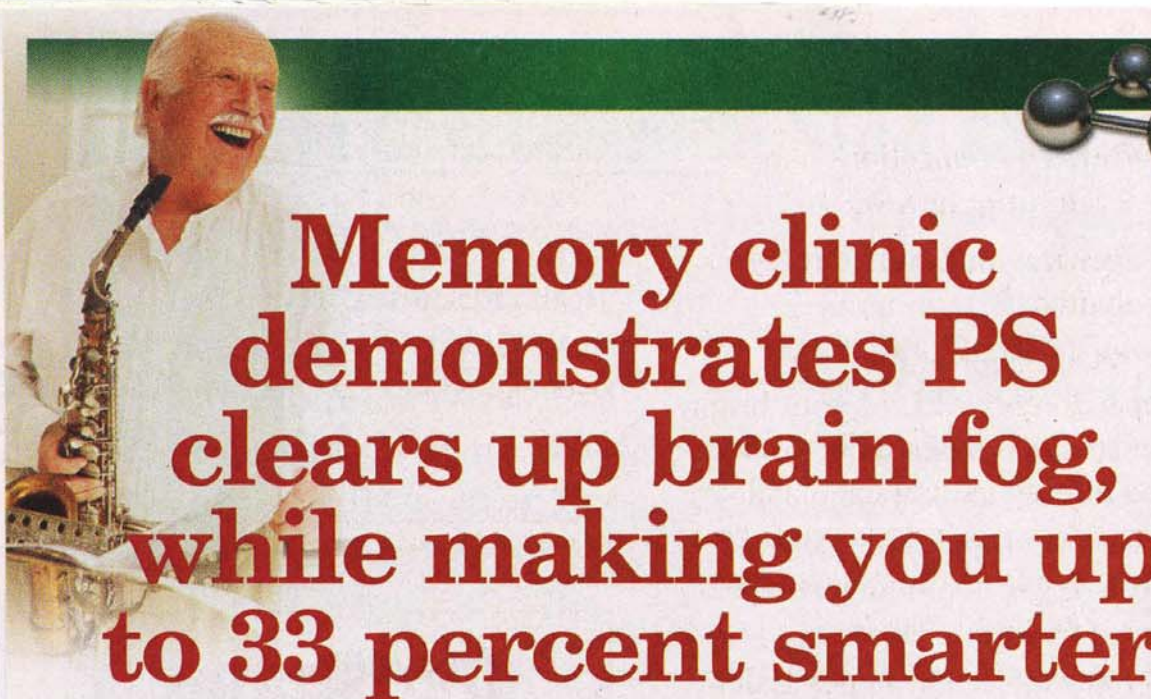
THE WALL STREET JOURNAL reports:

PS is highly recommended as, "an effective memory supplement ingredient" and adds, "Stick with supplements that contain only PS or PS with antioxidants."

The Wall Street Journal, November 26, 2002



To Order, Call TOLL-FREE 1-800-471-4007 or go to www.UltimateBrainFood.com



Memory clinic demonstrates PS clears up brain fog, while making you up to 33 percent smarter

MEMORY ASSESSMENT CLINIC, BETHESDA, MD— Another big problem you may face as you get older is “brain fog.”

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

You stop mid-sentence and can't remember what you wanted to say. You can't concentrate. You feel scatterbrained.

Why your brain gets hazy in the first place

One problem is, as memory and cognition slow down, the density of your brain's nerve cells fall 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

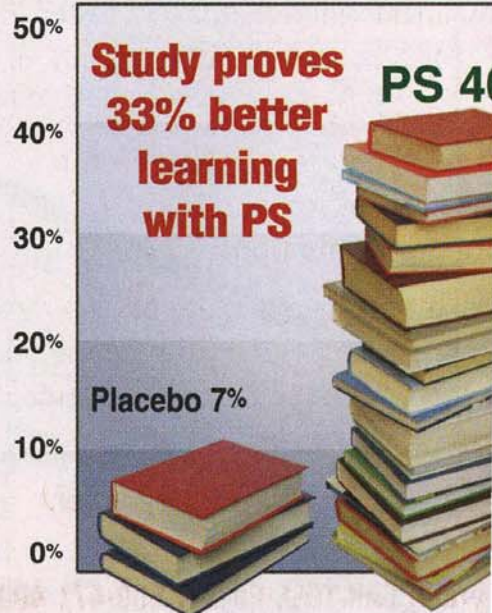
channels or patterns... and “brain fog.”

An exciting new solution for cloudy thinking

But if you want to chase away brain fog and revitalize your mind, then **PS—Ultimate Brain Fog** is for you!

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

✓ Rejuvenate the cells in your



- ✓ 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 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 study⁴ 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...

Continued on page 15...

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

Chase the mental fog away!



CLEARED OUT THE COBWEBS!

“**PS** cleared the cobwebs out of my wife's brain and made her much easier to live with.”

—E.W., 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

Individual results may vary.

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

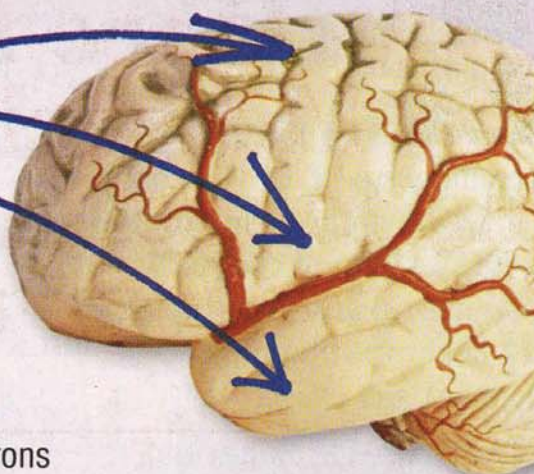
1. **PS** helps fuel the cortex, hippocampus, and hypothalamus of your brain—the areas known to be vital for memory.

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

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

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

5. **PS** helps your body build thousands



of vibrant, healthy new brain cells.

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



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?

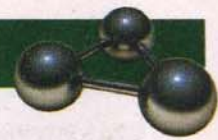
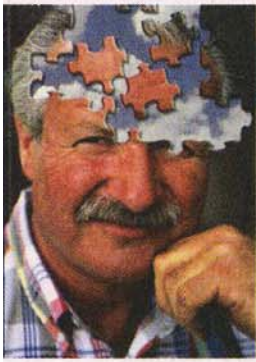
Compare that to **PS**, which has claim backed by more than 2,800 research papers and 25 years of documented scientific research from all over the world.

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



Guaranteed to help improve your memory and guard against mental decline or it's FREE!

See page 25 for your brain-boosting memory-improving **Ultimate Brain Food** "packs," plus special savings and FREE (valued at up to \$2



Once-forgetful Massachusetts man no longer embarrassed by poor memory!

JAMAICA
PLAIN, MA—
Robert W. of this
Massachusetts
town was really
worried about
being embarrassed
by forgetfulness,
and who can
blame him?

After all, it's
not a good feeling
if you miss an
important family event... if
you're late for a big 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 forgot.

But now, Robert has no
more embarrassing moments.
Why? Because he started
taking **PS**.

Today, he says, "My mind
is clearer. I remember more
specifics... and details without
hesitation. **PS** improved my



self-esteem, because
I no longer worry
about being
embarrassed by
forgetfulness."

Of course
this problem of
forgetfulness is
widespread and
can affect many
areas of your life.

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

Next page, please...

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these mental goofs or lapses as a 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 study⁵ by Vanderbilt University, the Memory Assessment Clinic and ExPharma of Italy, 51 subjects ages 55 to 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

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...

Continued on page 18.

(5) Crook, et al. 1992.

A sharp mind or a dull brain—the choice is yours

How much of a difference can **PS—Ultimate Brain Food™** make in your life? Take a look at this chart and see for yourself...

Without PS

- Fading memory
- Brain fog
- Mental decline
- Poor concentration
- Slow thinking
- Fuzzy thoughts
- Bad moods
- Mental fatigue
- Poor self image

With PS from Health Resources™

- Boosted memory
- Clear thinking
- Better cognition
- Mental alertness
- Fast thinking
- Precise thoughts
- Bright moods
- Mental energy
- Alert, active, and confident

One word for those taking PS— Ultimate Brain Food™: “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

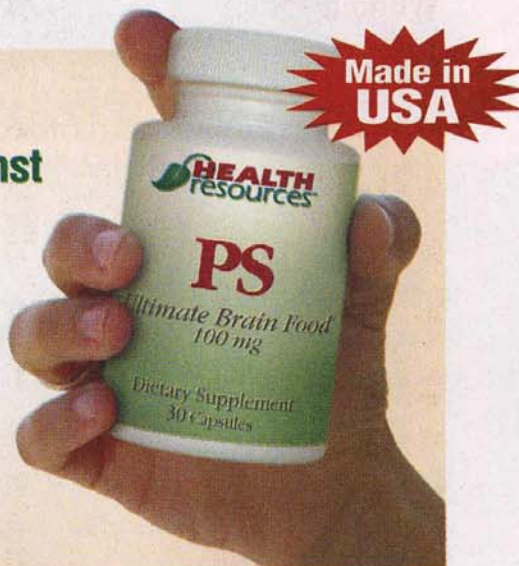
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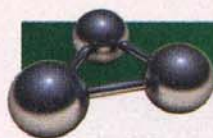
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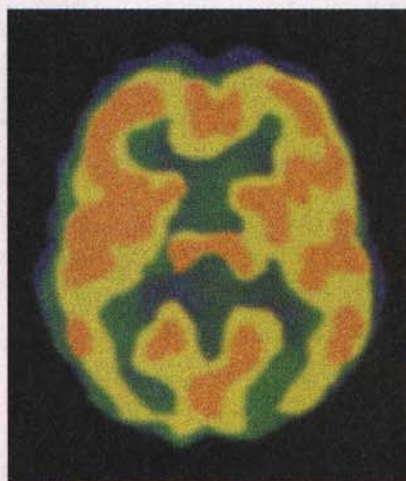


Sophisticated brain scans prove PS is so effective it even wakes up “dead” brain cells!

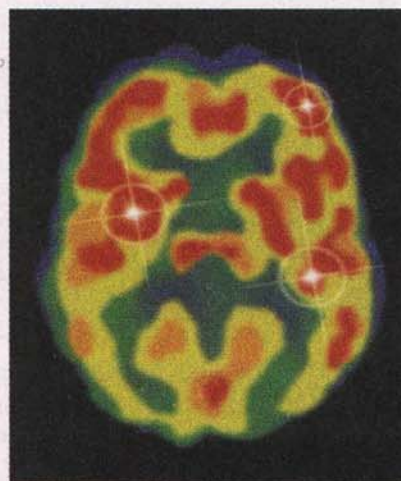
MEDICAL LABORATORIES—
Among today's medical tests, Positron Emission Tomography (PET) is considered one of the most accurate for diagnosing health problems.

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.



BEFORE: “Dead” areas of the brain mean the devastation of memory loss.



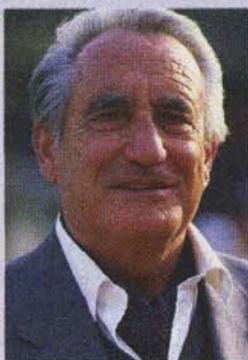
AFTER: PS lights up even “dead” brain cells.

Give your whole body a boost!

- **PS** helps promote a healthy heart and clean arteries. They've found it helps remove dead cells on smooth muscles in your veins.
- **PS** helps regulate your blood pressure levels. In fact, one study⁶ found that patients with blood pressure concerns generally have low **PS** levels.
- **PS** can help activate cells of your immune system, based on another study⁷.

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

(7) 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

Individual results may 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.

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 study⁸ 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.

Next page, please...

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

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.

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 one more big benefit you don't want to miss and this one effects just about every part of your life...

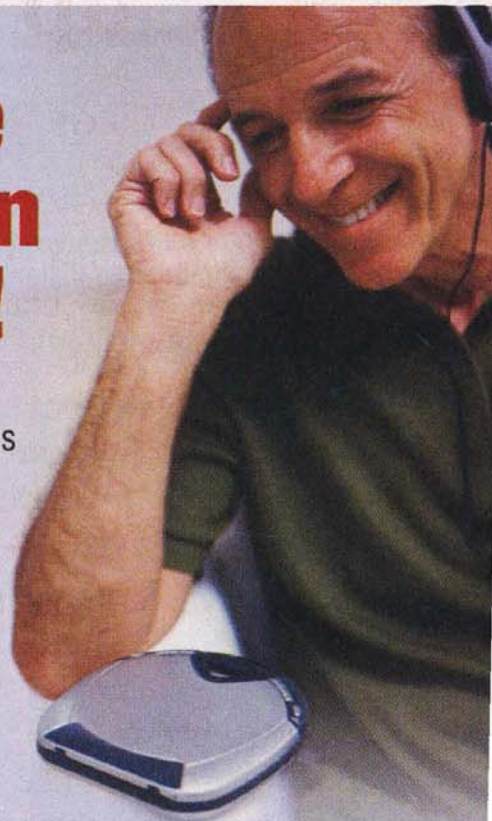
Put some va-voom in your brain!

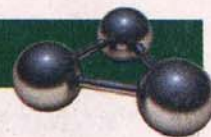
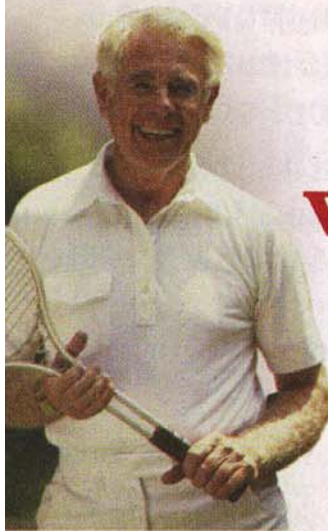
Taking **PS** every day can do things for your brain that no other nutrient will do. **PS—Ultimate Brain Food™** from Health Resources™ can help...

- ✓ Rev up your brain
- ✓ Recharge your memory
- ✓ Restock your brain cells
- ✓ Revitalize your thinking
- ✓ Reawaken mental slumber
- ✓ Retool brain connectors
- ✓ Replace worry and fear with peace of mind

PS—Ultimate Brain Food™ can help keep your brain vital and healthy for life!

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Belgium study verifies PS improves your memory *and* your quality of life up to 49 ways!

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

But here's one more benefit: **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 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—Ultimate Brain Food™ 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."

Next page, please...

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.

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 a study⁹ at the University of Liege in Belgium, 35 hospitalized patients ages 65 to 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 i

(9) Delwaide et al., 1986.

Cynic convinced after only three days of taking **PS**—Ultimate Brain Food™!



Donald S. of Aurora, Colorado was very cynical when he tried **PS**.

He was frustrated with forgetting names and circumstances he should have remembered—simply put, his short-term memory had much to be desired.

But then Donald began taking **PS**. He gladly reports, "I couldn't believe it—in just three days that all changed after taking **PS**—Ultimate Brain Food™.

"It was like I was 30 years old again, instead of my current age 68. Thanks for giving me back my short-term memory."



**Memory
improved
75 percent
in one
month!**

"I'm 57-years-old and my memory had really gotten bad. I ordered **PS** from you and within a month my memory improved 75 percent."

—James M., Rockaway, N.J.

Individual results may vary.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, cure, or prevent any disease.

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 fear losing control of decision-making.

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

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

For best results, start rejuvenating your memory now!

Remember, research shows memory loss is easier to avoid and improve in its *earliest* stages.

In fact, the Texas Department of Health says, “Early diagnosis increases the chances of treating concerns [of memory loss] successfully.”

Bottom line: The longer you ignore the problem, the worse your memory will get.

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

This is the only single supplement clinically researched to help...

- Roll back cognitive decline by up to 12 years...
- Slow down memory loss and improve your memory by up to 44 percent...
- Help clear up brain fog and make you up to 33 percent smarter...
- Wake up “dead” brain cells and increase brain wave activity by 20 percent...
- Improve your memory and quality of life up to 49 ways.

Imagine all these benefits without a doctor, prescription, or side-effect. Now, have **PS** delivered right to your door.

Please turn the page for extra special savings and **FREE** Gifts valued at up to \$266.70 with your order of **PS—Ultimate Brain Food™**.

Plus, your order is protected by an **Unconditional Lifetime Money-Back Guarantee of Satisfaction**—so order today!

See page 25...



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



Helps Learning!

"I am an actress and musician..."

I am convinced that **PS** is a great help in learning and remembering a script and in fostering the alertness I need as a performer."

—Dorothy B., Arlington, TX



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."

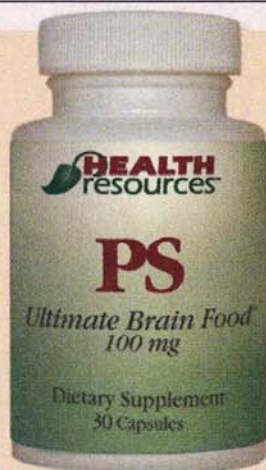
—M.D., Baxter, MN

Like the **PS**!

"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

Individual results may vary.



Accept no imitations:

"Only your **PS** saved my memory!"

Thomas S. of Los Angeles, California, 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.

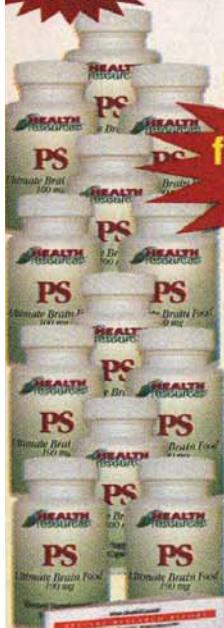
But then he discovered **PS** by Health Resources™.

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!



Go for "gold" and enjoy the greatest savings, lowest price per bottle, and FREE gifts!

Made in USA



16 bottles for the price of 12. Lowest price per bottle!

GUARANTEED to help improve your memory and guard against mental decline, or it's **FREE!**

FREE



✓ A 12-month supply of PS—Ultimate Brain Food™ at a special \$120 savings!

✓ Four **FREE** bottles of PS—Ultimate Brain Food™ valued at \$119.80. That's 16 bottles for the price of 12—and the lowest price per bottle!

✓ **FREE** Special Report, *Take the Brain Teaser Challenge—How Sharp is Your Mind?...* a \$19.95 value, yours **FREE!**

Test your mind and memory in this **FREE** Special Report that's both fun and challenging. See how sharp your mind is when you try to solve...

- Brain teasers that sound so simple but baffle most people
- Word puzzles that will test your mind
- Mental mysteries you'll love solving
- Recall twisters that'll make you smarter and have you rolling with laughter
- Thinking games that can help stretch and improve your memory
- And many more challenging, fun, and **FREE** brain teasers!

✓ **FREE** Shipping and Handling... valued at \$6.95!

Total savings and FREE gifts valued at \$266.70!

That's a total of savings and FREE gifts valued at \$266.70!

To Order, Call TOLL-FREE 1-800-471-4007 or go to www.UltimateBrainFood.com

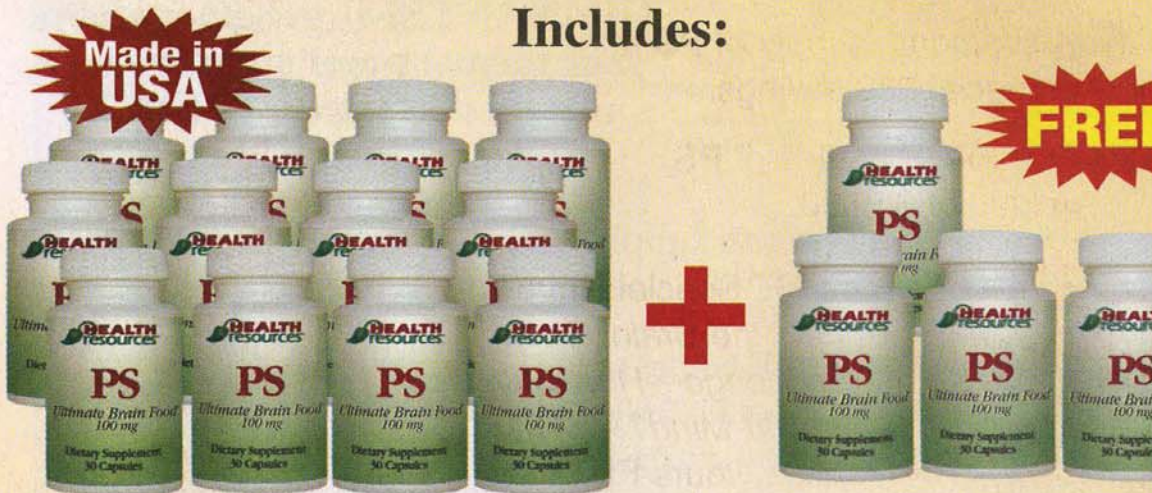
You don't have to a

Take the one supplement clinically
save, and boost yo

Three special packages for ordering PS

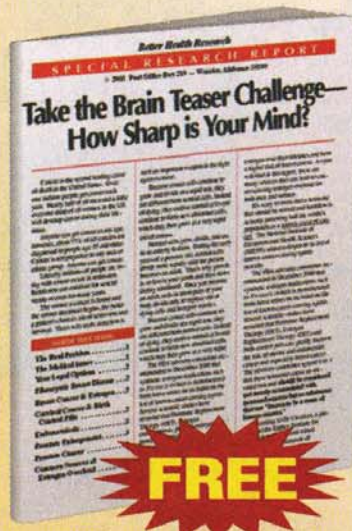
The "gold package"

Includes:



■ A 12-month supply of
PS at a special \$120 savings.

■ Four FREE bottles
PS valued at \$119.8



■ FREE Special Report,
*Take the Brain Teaser
Challenge—How
Sharp is Your Mind?*
A \$19.95 value,
yours FREE!

■ FREE Shipping
and Handling...
valued at \$6.95.



That's a total of savings and
FREE gifts valued at \$266.70!

cept an aging brain!

researched in 64 studies to support,
mind and memory!

Ultimate Brain Food™:

The “silver package”

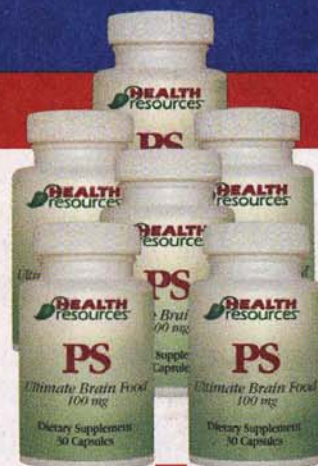
Includes:

- A six-month supply of **PS** at a special \$30 savings.
- Two **FREE** bottles of **PS** valued at \$59.90.



- **FREE** Special Report, *Take the Brain Teaser Challenge—How Sharp is Your Mind?* A \$19.95 value, yours **FREE!**

- **FREE** Shipping and Handling... valued at \$6.95



**That's a total of savings and
FREE gifts valued at \$116.80!**

The “bronze package”

Includes:

- A three-month supply of **PS**
- One **FREE** bottle of **PS** valued at \$29.95.

**That's a total of savings and
FREE gifts valued at \$29.95!**



To Order, Call TOLL-FREE 1-800-471-4007 or go to www.UltimateBrainFood.com 27

Get two extra FREE GIFTS

if you order within the next ten days!



How to Stay Mentally Sharp Well Into Your 90s!

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...

- 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 memory loss.
- Ten 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 help your mind and memory... all FREE!

**Both reports
a \$19.95
Value each!**

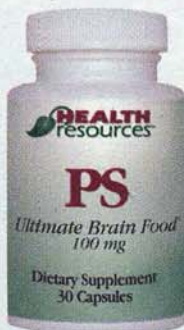
Memory-Killing Foods

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

- 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 one-in-six 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!



100% Unconditional Lifetime Money-Back Triple Guarantee of Satisfaction!



**PS is Guaranteed to help
improve your memory and
guard against 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 help reduce mental decline... improve your memory... clear up "brain fog"... 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-supporting 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 easy-to-swallow capsule. 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% refund! This is not a pro-rated, limited-time guarantee, but a **100% 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?

OFFER GOOD FOR THE NEXT 30 DAYS!

PS—Ultimate Brain Food™ is guaranteed to help improve your memory and guard against mental decline, or it's FREE!

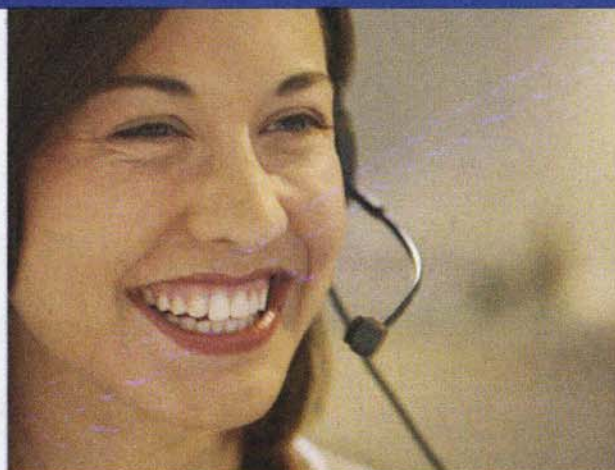
REMEMBER:

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



If phone lines are busy—please keep calling!

30



Four easy ways to order:

FASTEST SERVICE...

By Phone:

Call TOLL-FREE

1-800-471-4007

**anytime, 24 hours a day,
seven days a week.**



Mail: Please fill out the order form and return with your payment in the postage-free envelope to:

Health Resources™

P.O. Box 3623

Hueytown, AL 35023



Fax: Please fill out the order form and fax BOTH sides of it to: 1-800-941-6920.



Online: www.UltimateBrainFood.com
Internet offer may vary.



I want to take the only nutrient proven in 64 clinical studies to help reduce mental decline, improve memory, wake up "dead" brain cells, and boost brain powers, **PS—Ultimate Brain Food™**. Please rush me the PS "package" checked below, all backed by a 100%, No-Risk, Unconditional Lifetime Money-Back Triple Guarantee of Satisfaction... so I risk nothing!

Recommended!

☐ **GOLD—BEST DEAL!** The 12-month "gold package" of PS, the miracle brain booster, for **just \$239.40**. (SAVE \$120 off the regular price!) Includes:

- ▶ A 12-month supply of PS at a special \$120 savings and the lowest price per bottle!
- ▶ 4 FREE bottles of PS, a \$119.80 value!
- ▶ FREE Special Report, *Take the Brain Teaser Challenge—How Sharp is Your Mind?* A \$19.95 value!
- ▶ FREE Shipping and Handling, a \$6.95 value!

FREE shipping & Handling!

That's a total of savings and FREE GIFTS worth a whopping \$266.70!

☐ **SILVER**—The 6-month "silver package" of PS for **just \$149.70**. (SAVE \$30 off the regular price!) Includes:

- ▶ A 6-month supply of PS at a special \$30 savings!
- ▶ 2 FREE bottles of PS, a \$59.90 value!
- ▶ FREE Special Report, *Take the Brain Teaser Challenge—How Sharp is Your Mind?* A \$19.95 value!
- ▶ FREE Shipping and Handling, a \$6.95 value!

FREE shipping & Handling!

That's a total of savings and FREE GIFTS worth \$116.80!

☐ **BRONZE**—A 3-month "bronze package" of PS for **just \$89.85 plus \$6.95 shipping and handling**. Includes:

- ▶ A 3-month supply of PS!
 - ▶ One FREE bottle of PS, a \$29.95 value!
- That's a total of savings and FREE GIFTS worth \$29.95!**

☐ **TRIAL**—A one-month supply of PS **for \$29.95 plus \$6.95 shipping and handling**.

☐ I'm ordering within 10 days.

Plus rush me two FREE Gifts, *How to Stay Mentally Sharp Well Into Your 90s!* and *Memory Killing Foods*, each 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.)

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

☐ 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: _____