

# DOCTOR'S GUIDE TO TOTAL HEALTH

Winter 2009 • SPECIAL ISSUE

## The Hidden Truth Why It's So Hard to Lose Weight

Plus, discover a new way to get  
as slender as you want.

Tested by more than 500,000 people with  
reported weight loss of 20-72 pounds.



“If you’ve HAD IT with extreme diets  
...bland foods...counting calories,  
carbs or points...and weight loss  
hype, I have surprising news for you.

“It’s now possible for you to have  
thinner thighs, a skinnier waist and a  
sexier body starting with *one simple thing*.

“Even better, you’ll lose weight *and*  
gain health—in fact, you’ll give your  
body an *8-in-1* boost that’s great news  
for your cholesterol, blood sugar,  
digestion, joints and more.

“It starts by taking everything  
you’ve heard about weight loss  
*and throwing it out the window*.  
If you do, I promise you’ll...”

*(continued on page 2)*

### Dr. Karen Yale

“Open for an exciting weight loss  
breakthrough, based on the latest  
fat-reducing nutritional discoveries  
proven in my medical practice and  
in my own life.”

(continued from page 1...)

# “...NEVER FEAR THE “To prove it, give me 21 days, how to start getting thinner,

“Picture yourself this way:

- Your stomach is flatter, your waistline is thinner, your body is sexier...
- You love to wear shorts or a bathing suit...
- You feel light on your feet...
- You have a figure that takes his or her breath away...
- You feel great all over—with a strong heart and healthy circulation...
- You look so good and act so young, you turn heads.

“Impossible? Not with a natural miracle guaranteed  
to give your health an 8-in-1 super boost!”

*By Dr. Karen Yale*



Dr. Karen Yale

*“This exciting breakthrough burns fat, comforts joints, smoothes digestion and boosts overall health”*

Dear Friend,

**I**f you have problems losing weight and keeping it off, I have some surprising news for you.

For the past ten years, I've been working with my patients to help them

lose weight, safely and naturally.

I've recommended some of the most effective natural solutions for weight loss and calorie burning known to science, and we've had excellent results. But recently I've come across something *revolutionary and exciting.*

It's a major weight loss breakthrough that combines an ancient healing secret and modern nutritional science. It's called *Apple Cider Vinegar Plus (ACV Plus®)*.

## **Here's what makes it so special**

First, *Apple Cider Vinegar Plus™* has been specially formulated to address the hidden causes of weight gain, which I'll tell you about in this special issue.

Next, it's been proven effective by both traditional healing wisdom and medical science. In fact, it was developed based on more than 25 clinical tests and scientific studies.

Plus, it's been “tested” by more

# SCALE AGAIN!” and I’ll show you sexier and healthier!”

than 500,000 people. They’ve tried it, and believe in it so much, they say things such as:

- “Helped me lose weight wonderfully—lost 72 pounds”
- “20 pounds vanished in 12 days”
- “Felt relief from the first bottle”
- “Great for my whole body”

And as a special bonus, this formula gives your body an 8-in-1 boost at the same time!

The result? *Apple Cider Vinegar Plus™* may be the most exciting natural health discovery I’ve seen in all my years in medicine. It starts with...

## ...an ancient healing secret—only made better

As you may know, **apple cider vinegar** has been highly prized for its medicinal value.

Since ancient times, apple cider vinegar has been used to help people improve digestion...

### Read this if you’re ever concerned about your:

- |                      |                         |
|----------------------|-------------------------|
| ■ <b>weight</b>      | ■ <b>cholesterol</b>    |
| ■ <b>blood sugar</b> | ■ <b>joints</b>         |
| ■ <b>digestion</b>   | ■ <b>heart</b>          |
| ■ <b>circulation</b> | ■ <b>energy</b>         |
| ■ <b>vitality</b>    | ■ <b>overall health</b> |

beautify hair, skin and nails... fight off colds...and increase feelings of well-being. No wonder it’s been hailed by many as a “super tonic.”

Maybe you remember apple cider vinegar from your days past. But it isn’t just for your grandma anymore.

This timeless health product has been rediscovered—and made even better—for all ages and all lifestyles.

That’s because a daily dose of *Apple Cider Vinegar Plus™* is saturated with 300 mg of pure, health-boosting apple cider vinegar and...

## ...it’s combined with the greatest advances in modern nutritional science!

The doctors and scientists who formulated *Apple Cider Vinegar Plus™* started with a good thing—apple cider vinegar.



But then they took a giant leap forward by combining it with seven cutting-edge herbs and nutrients that enhance the benefits of apple cider vinegar and give you even more health benefits. All in one remarkable natural pill.

As you're about to read, each of these seven additional ingredients—**ginger, cayenne, green tea extract, apple pectin, citrin, bromelain and fenugreek seed extract**—helps boost your health in multiple ways.

But when they're combined into one special formula—in the exacting amounts of each ingredient—they work even better than taking the individual ingredients alone!

The result?

***Apple Cider Vinegar Plus™* gives your health an 8-in-1 boost—guaranteed!**

As you're about to read in this special Doctor's Guide to Total Health, great things will start to happen once you start taking *Apple Cider Vinegar Plus™*.

What kind of things? *Apple*

*Cider Vinegar Plus™* is guaranteed to...

- 1** Accelerate your weight loss efforts—when used with a healthy diet and regular exercise—so you lose all the weight you want, and maintain it
- 2** Stimulate calorie and fat burning so you get as thin as you want to be—*without* extreme diets, calorie counting or expensive meal plans
- 3** Ease your stiff, sore joints and improve flexibility and comfort
- 4** Keep your cholesterol healthy and within the normal range, *without* worrying about side effects or big health bills
- 5** Support your blood sugar within the normal range, the safe and natural way
- 6** Boost the health and strength of your heart, while supporting healthy circulation
- 7** Promote smooth digestion and relieve occasional heartburn and upset stomach
- 8** Regulate the pH balance in your body for super health

Bottom line: Never before have I seen one natural

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## A leader in natural supplements for nearly 100 years

Back in 1910, Indiana Botanic Gardens began as a small, independent supplier of hard-to-find herbs and herbal formulas. Since that time, its Botanic Choice® line has become the premier brand of exclusive formulas based on pharmaceutical-grade, superior-quality herbal and natural ingredients that have been tested and proven effective by its research team.

The result? The highest-quality natural supplements, guaranteed for quality, potency and effectiveness.



GMP Registered  
www.nsf.org

*Apple Cider Vinegar Plus™* is manufactured at a NSF cGMP certified laboratory. NSF cGMP practices are set up as guidelines for integrity of a finished product.

## Meet a pioneer in natural medicine and weight loss, Dr. Karen Yale, B.A., D.C., C.C.N., D.A.C.B.N.

- Leader in a new revolution in the science of nutritional healing
- Co-director and weight loss specialist of the Integrated Medical Center in Bonita Springs, FL, who's gained a following of thousands of grateful patients since 1987
- Chiropractic physician
- Treats the whole person, not just symptoms, looking at diet, exercise, nutrients and emotional factors
- Now introduces one of Botanic Choice's newest health discoveries—a natural breakthrough that boosts your body's health eight ways at once



supplement give you so many great health benefits.

### **But the news is even better, for two reasons...**

First, *Apple Cider Vinegar Plus™* is even more effective! The original formula now includes the fat-incinerating, health-supercharging benefits of **green tea extract** and even more precise dosages of ingredients.

Second, because *Apple Cider Vinegar Plus™* has been so popular among health-conscious people, special arrangements have been made for you to try it yourself—at a low, discounted price and without risking one cent. Plus, you'll receive exciting gifts with your order, including two FREE bottles of *Apple Cider Vinegar Plus™*.

### **Give me 21 days, and I'll show how you can get thinner, healthier and sexier**

If you want to turn your health around—I mean get slimmer, healthier, stronger, more

energetic—then *Apple Cider Vinegar Plus™* is a great way to start.

In just 21 days, you'll start to see and feel the difference.

Imagine, one remarkable natural formula that gives your body and your health an 8-in-1 boost—*guaranteed!*

How does it all work? And why are people all across America raving about it? Just turn the page and see why *Apple Cider Vinegar Plus™* is nature's miracle that does wonders for your body eight ways at once.

Yours for total health,

Dr. Karen Yale

P.S. Don't just take my word for how great *Apple Cider Vinegar Plus™* is. Read comments by folks all over America who wouldn't miss a day taking this remarkable formula—then decide for yourself.

P.P.S. Let's get started with the truth about weight loss, and hidden reasons why it's so hard to lose fat...

# Give your weight loss efforts a kick in the pants (or dress) and get as slender as you'd like

This may be the best news ever if you've struggled to lose weight and you want a flatter stomach, thinner waistline and sexier body.



This dynamic formula, plus a healthy diet and regular exercise, slims you down

**D**o you know the *hidden* reasons why it's so hard to lose weight and keep it off?

Here's what really causes unwanted weight gain, plus exciting news of how *Apple Cider Vinegar Plus™* addresses each of these unseen problems to supercharge your weight loss efforts.

## **HIDDEN REASON NO. 1: Insulin imbalance**

Many people are overweight and can't lose weight even with extreme dieting because of their insulin/blood sugar imbalances.

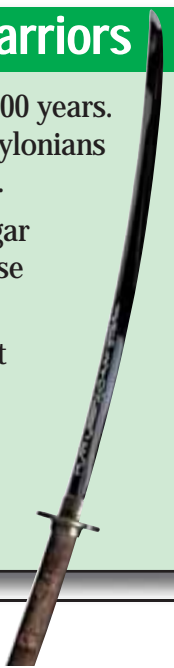
If your body's insulin levels are

## The 3,000 year secret of Samurai warriors

**T**he use of apple cider vinegar goes back more than 3,000 years. It's been traced to ancient Egyptian urns, and the Babylonians used apple cider vinegar as a condiment and preservative.

Julius Caesar's Roman army used an apple cider vinegar tonic to help ward off disease. Plus, for centuries Japanese Samurai warriors drank it for strength and power.

Now, this legendary, traditional, health-boosting secret has been combined with the latest breakthroughs in nutritional science to boost your weight loss efforts and your health. All in the exclusive, even more powerful *Apple Cider Vinegar Plus™*.



# A hot tip for melting off fat

According to Barbara Gibbons, an expert in low-calorie cooking, hot chilies can boost your metabolic rate. She says they don't just cause you to sweat—they'll help you effortlessly burn away 45 calories of a 700 calorie meal.

Whether you can't stand to eat hot chilies or you can't get enough of them, you can enjoy the weight-reducing benefit of cayenne in *Apple Cider Vinegar Plus™*.



normal, you're able to quickly utilize glucose (sugar) and carbohydrates to stay slim and trim. But without enough insulin, your blood sugar will rise, you'll eat more, and you'll constantly feel hungry. The result? Extra pounds.

## HIDDEN REASON NO. 2:

### A sluggish liver

Doctors know that the liver is the most important organ in the body for removing and eliminating toxic chemicals from the blood. But the liver can also become clogged with excess fat.

The problem is, if your liver remains sluggish due to toxins and fat, it's very hard, if not impossible, to lose weight.

## HIDDEN REASON NO. 3:

### Slow metabolism

You've probably heard about sluggish metabolism before. Your metabolic rate is the rate at which your body uses energy. So if your metabolism is slow, it takes much longer for your body to burn fat.

But what you may not know is you can kick start your metabolism and accelerate your weight loss efforts with a little

help from Mother Nature, as you'll now see.

## **Apple Cider Vinegar Plus™ is the answer for each of these problems**

Why has *Apple Cider Vinegar Plus™* helped so many people lose weight when so many other solutions have failed?

The answer is simple: It addresses the real causes of weight gain. And when you combine *Apple Cider Vinegar Plus™* with a healthy diet and regular exercise, you can get as slender as you'd like.

Let me explain some of its unique weight-reducing ingredients:

● **Cayenne**—nature's spicy slenderizing secret: For centuries cayenne pepper has been used as a spice for foods and as a traditional medicine. But now medical science is documenting its value to anybody who wants to lose weight—safely and naturally.

For example, a study<sup>(1)</sup> of runners by sports scientists

(1)Lim, K., et al. Dietary Red Pepper Ingestion Increases Carbohydrate Oxidation at Rest and During Exercise in Runners. *Med Sci Sports Exerc.* Mar 1997; 29(3): 355-61



suggests cayenne's ability to *stimulate and accelerate metabolism*, thus providing more energy to the body.

Another study<sup>(2)</sup> documents cayenne's ability to decrease appetite and energy loss in certain types of people. This effect may be due to the increase in nervous system activity with the red pepper.

In addition, research now shows that cayenne helps to increase liver enzymes. These enzymes help your body burn more fat and reduce the deposits of fat in the liver caused by a high fat diet.

- **Apple pectin—a sweet surprise for weight loss:** Pectin is the gummy carbohydrate



## The Four Biggest Weight Loss Myths

### **Myth No. 1** Extreme diets work.

**NOT TRUE!** In fact, extreme dieting can be harmful to your health.

When your body is deprived of food, two things automatically kick in: One, your metabolic rate *slows down* to make up for fewer calories; and two, your desire to binge *increases*.

In addition, extreme dieting may lead to the bloating of fat cells, shrinking of muscle cells, accumulation of toxic fats and fatigue.



### **Myth No. 2** Counting calories is the best way to lose weight.

**NOT SO!** Most people think the best way to lose weight is to eat fewer calories. But this actually promotes the “yo-yo” effect of starvation diets. You lose some weight, only to gain it back—and more—soon after.

### **Myth No. 3** Your weight woes are due to overeating or lack of exercise alone.

**FALSE!** Too many overweight people figure they can lose weight simply by “fixing” their diet and exercising regularly. But unfortunately, they ignore the hidden causes of weight gain I just mentioned—and fail to lose weight.

### **Myth No. 4** It's impossible to lose weight successfully and maintain it.

**DON'T BELIEVE IT.** You can lose weight—and maintain it—with natural breakthroughs such as *Apple Cider Vinegar Plus™*...a healthy diet...and regular exercise. People are proving it all over America.

(2) Yoshioka M, St.-Pierre S., Drapeau, V, et al. Effects of Red Pepper on Appetite and Energy Intake. *British Journal of Nutrition*, Aug 1999; 82(2): 115-23.



found in many fruits. But the pectin found in apples is special.

One of the key benefits apple pectin gives you is that it helps you keep your blood sugar balanced within a normal range (more about this in a moment).

Plus, the relationship between blood sugar and insulin is critical for weight loss and great health.

● **Apple cider vinegar** —the **old-time remedy for unsightly fat**: Apple cider vinegar is one of the oldest and most widely known home remedies.

It's widely used as a dietary supplement. But it does so much more.

Apple cider vinegar also gives you essential minerals, trace elements, vitamins, enzymes and amino acids to make up for nutritional deficiencies which could cause unwanted weight gain.

## Does losing weight seem to take forever? Not anymore!

With the exclusive *Apple Cider Vinegar Plus™* you'll...

- Speed up your weight loss efforts—what may have taken months and months or even years now may be accomplished in just a few short weeks!
- Get thin and slender the right way—safely and naturally, without extreme dieting or punishing programs
- Start seeing and feeling the results in 21 days—guaranteed! What kind of results? A flatter stomach. Thinner waistline. Shapelier hips. Smaller butt. Leaner legs. Sexier body.

But as you're about to see, *Apple Cider Vinegar Plus™* does more than jumpstart your weight loss efforts. You'll also...

## Proof *Apple Cider Vinegar Plus™* clobbers fat!

### Lost a whopping 72 pounds!

"*Apple Cider Vinegar Plus* has helped me lose weight wonderfully. I weighed 285 lbs. I now weigh 213 lbs."\* —R.E., Anniston, AL



### 27 pounds gone in a flash!

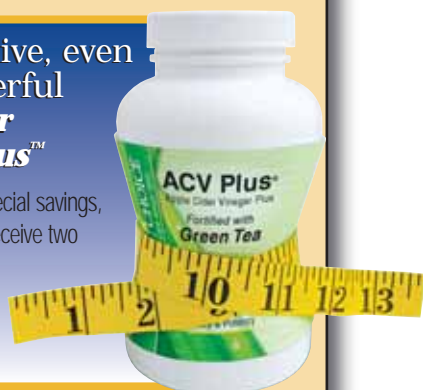
"In addition to cutting out soda pop and fat, I've taken *Apple Cider Vinegar Plus*...and have lost 27 pounds seven weeks."\*

—Claudia T., Max Meadows, VA

\*Your results may vary. *Apple Cider Vinegar Plus™* works best when taken regularly and combined with sensible eating and regular exercise.

The exclusive, even more powerful ***Apple Cider Vinegar Plus™***

See page 32 for special savings, plus how you can receive two FREE bottles with your order and three FREE Gifts.



# Burn stubborn fat and turn heads again with this calorie- incinerating secret

Enhanced  
Fat  
Burning!

## The delicious treat that burns fat like crazy

For centuries, green tea has been prized for its medicinal benefits.

It's a potent antioxidant, up to 200 percent more powerful than vitamin E...it helps maintain energy...and protects your heart.

But it's also an awesome natural burner. Japanese researchers claim you burn an extra 70-80 calories by drinking five cups of green tea a day, as it stimulates your body's fat burning actions.

You may not want to drink that much green tea, and that's why you'll want to take *Apple Cider Vinegar Plus™* for a slimmer, sexier you!

**Green tea extract: Proven to**

- Increase fat burning
- Boost 24-hour energy levels
- Suppress appetite
- Support healthy cholesterol
- Promote digestive health
- Burn more calories



Lose weight, successfully...  
control your appetite...  
and reduce cravings.

**B**esides speeding up your weight loss efforts, *Apple Cider Vinegar Plus™* helps you lose weight—and maintain it—in one other important way.

It works to promote a simple body function called thermogenesis, the burning of fat cells to create energy. This is the key to successful weight loss!

*Apple Cider Vinegar Plus™* helps turn your body into a lean, fat-burning machine—so you can make those hard-to-lose pounds vanish—backed by sensible eating and an exercise plan.

### Imagine for a moment...

- You automatically burn *more* calories
- You turn fat cells into *100% pure energy*
- You *inhibit* the formation of fat from sugar, helping you lose weight
- You *control* your appetite
- You have *less* cravings

What will this mean to you? You'll be thrilled how you look in the mirror. You'll love to try on that new dress or suit. You'll

# If they can do it, so can you!

## Wow! 70 lbs. lost!

“Your products are the best and your service is excellent. I have introduced many people to the benefits of *Apple Cider Vinegar Plus* and all love it. They all ask me to order more for them.

One lady has lost 70 lbs. and her feet and legs do not hurt anymore.”\*

—Phyllis Moore, Anacortes, WA



## Extra pounds vanished!

“The *Apple Cider Vinegar* tablets really helped when I was on a diet. I set a goal of 20 lbs...and lost it all. My diet and *Apple Cider Vinegar Plus* tablets made me happy.”\*

—Pauline Dyar, Woodsville, NH

\*Your results may vary. *Apple Cider Vinegar Plus*™ works best when taken regularly and combined with sensible eating and regular exercise.

make your special someone say, “Wow!” You’ll turn heads again. And believe me, that’s one of the greatest feelings in the world.

How is all this possible? With two powerful fat-burning secrets:

## A small fruit that delivers big weight loss benefits

The unique *Apple Cider Vinegar Plus*™ is packed with 300 mgs of a little-known Asian fruit that packs a wallop for weight loss.

- **Citrin** (or *Garcinia cambogia*) is a South Asian fruit, about the size of an orange, that looks like a small pumpkin.

Citrin works wonders for weight loss by inhibiting fat, burning calories and curbing cravings.

In one study<sup>(3)</sup>, citrin was

(3)McCarty M.F., Promotion of Hepatic Lipid Oxidation and Gluconeogenesis as a Strategy for Appetite Control, Medical Hypotheses, 1994

(4)Sullivan A.C., Hamilton, et al., Inhibition of Lipogenesis in Rat Liver bt(-)-Hydrixyicutate, Archive of BioChem & BioPhy 150(1972), 183-90

(5)Guyton AC, Textbook of Medical Physiology, eighth edition Saunders Company, Philadelphia. Chap. 67, 1991

shown to boost thermogenesis; other studies<sup>(4,5)</sup> suggest it inhibits the production of fat and boosts your body’s “instant” energy.

To cap it off, citrin even suppresses your appetite. This is due in part to citrin’s role in the production of glycogen in your liver and small intestine. When glycogen is produced, your brain gets a signal that your stomach is full—even when it’s not. This also means fewer cravings. Yes!

## Slim down and zap fat with 250 mg of green tea extract

New research shows green tea is a super fat burner that speeds up your metabolism so you burn additional calories...reduce absorption of fat...and suppress your appetite.

One study<sup>(6)</sup> suggests green tea has thermogenic fat-burning properties and promotes fat oxidation better than caffeine. Plus, it significantly increased 24-hour energy expenditure—

which means more fat burned!

## Add it all up...

...and the even more powerful *Apple Cider Vinegar Plus™* gives you a new, exciting way to lose weight and keep it off. All in a natural, sensible, practical way

### Wearing clothes I haven't worn in nine years!

"I'm a true believer in your products. I tried so many weight supplements and none worked for me until I tried yours. Within a week of taking ACVPlus...I lost 10 pounds...I'm 110 pounds now, wearing clothes I haven't worn in nine years. I'm very pleased...Thank you so much."\*



—Saprina Bailey, Tower City, PA

\*Your results may vary. *Apple Cider Vinegar Plus™* works best when taken regularly and combined with sensible eating and regular exercise.

that fits the way you live.

No hype. No outrageous promises. No extreme dieting. And no risky ingredients—no ephedra, ma huang or Fen Phen.

This is the best way I've found to burn fat and calories and trim your body down to its naturally healthy size.

Best yet, *Apple Cider Vinegar Plus™* works wonders for adults of all ages and all sizes—and any weight loss goal.

Now you can see why I'm so excited about this breakthrough for natural weight loss and slimming—and safe and effective way!

But the news is even better if you take *Apple Cider Vinegar Plus™*, as you'll now see...

(6)Abdul G. Dullo, et al

The exclusive, even more powerful *Apple Cider Vinegar Plus™*

See page 32



## Where do you want to lose the pounds?

Compare *Apple Cider Vinegar Plus™* with your current weight loss supplement/program



*Apple Cider Vinegar Plus™* works wonders on your:

- chest
- hips
- arms
- stomach
- waist
- butt
- thighs
- legs
- calves
- shoulders
- and most anywhere else you want to lose weight!

Your current supplement/program

- 
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# Painful knees? Sore hips? Stiff joints? Tight muscles? Soothe them all!

Natural secret could make you feel so good you'll jump for joy!

One of the great things about taking *Apple Cider Vinegar Plus™* is it does wonders for your whole body. And that includes your joints and muscles.

Chances are this is important to you, as it is to many of my patients.

After all, having knees that bend easily...fingers that move freely...a neck that turns effortlessly...and a back that's free of discomfort are benefits that are worth their weight in gold, especially as you age.

The good news is, the one-of-a-kind *Apple Cider Vinegar Plus™* includes two special ingredients

## Stimulate your body's own pain relievers

Scientists<sup>(7)</sup> think the pain relief activity provided by cayenne is linked to the stimulation of nerves in your body. Why is this important? Because these nerves in turn stimulate your body's own natural pain relief mechanisms.



(7)Purkiss J.R., et al., Capsaicin

Stimulates Release of Substance P from Dorsal Root Dangling Neurons Via Two Distinct Mechanisms. *Biochem Soc Trans.* August 1997; 25(3): 5425.



that are nature's premier joint-soothers.

The first is...

## ...a unique enzyme that's changing the way we doctors treat discomfort

You'll be glad to know that the *Apple Cider Vinegar Plus™* exclusive formulation contains **bromelain**, because it is a top-selling nutrient for stiff, sore joints and muscles.

Extracted from the juice and stems of pineapple plants, bromelain is a protein-digesting enzyme.



For centuries, natural doctors in Japan, Taiwan and Hawaii have

used bromelain, primarily to aid sore joints and digestive problems. Could this be why seniors in Asia have fewer joint problems and digestive disorders?

More recently, bromelain has caught the attention of Europeans, and it is now one of the best-selling nutrients in Germany.

Why such interest in a pineapple-based enzyme? For a number of reasons.

For one, bromelain reduces harmful compounds called *prostaglandins* that cause pain and inflammation. It also helps your body absorb nutrients through the tissues to keep your joints flexible.

In addition, as bromelain reduces inflammation, it aids in the transport of blood to traumatized areas, speeding healing and easing pain more effectively.

And if that's not enough, bromelain also counteracts histamines which are a factor in swelling and joint aches.

### A hidden cause of painful joints

It is believed that joint stiffness may be due to a potassium deficiency. The good news is, you get potassium when you take *Apple Cider Vinegar Plus™*—further helping you relieve aching joints and muscles.



You'll also be glad to know that...

### ...science backs up bromelain's joint-soothing powers

In one study<sup>(8)</sup>, patients suffering from swelling, pain and soreness took bromelain. The result? 28 percent experienced a resolution of pain, 45 percent improved and, overall, 72 percent had good or excellent results.

Bottom line: Bromelain offers you powerful support for optimum joint health and rapid relief from soreness and stiffness.

But the second key ingredient

## Picture yourself enjoying life without joint stiffness



18 holes a day? 36? No problem!



Enjoy knitting or crocheting the most detailed patterns with no stiffness.



Take a worry-free dream vacation.



Enjoy those special moments.

(8)Cohen. A. Bromelain therapy in rheumatoid arthritis. Penn Med J., 67:27-30, 1964

## No aches or pains... I also lost 35 pounds!

"I decided to try *Apple Cider Vinegar Plus*. I'm 76—have had a hip replacement and can truthfully say I have no pain or ache anywhere. I've also lost 35 lbs. and have kept it off for 1 year."\*

—G.M., Lancaster, PA



## Great for back discomfort!

"Before I started taking *Apple Cider Vinegar Plus*, I lost days of work due to extreme back discomfort. But now I have not had to miss work...Thank you for making such an important quality product."\*

—Jeanette A., Hamtramck, MI

\*Your results may vary. *Apple Cider Vinegar Plus*™ works best when taken regularly and combined with sensible eating and regular exercise.

in the *Apple Cider Vinegar Plus*™ may be even more exciting for soothing your joints. It's a natural wonder best known as a spice.

## But it's also one of the world's most powerful natural joint comforters!

*Apple Cider Vinegar Plus*™ includes ginger because it's truly one of nature's miracles for relieving joint discomfort.

You know ginger as a spice and flavoring and likely use it in cooking. But it's much, much more, as you'll see. Ginger is also a powerful natural remedy for joint stiffness and muscle soreness.

It helps relieve stiffness by blocking an enzyme that triggers discomfort and inflammation, and by inhibiting prostaglandins that cause the problems in the first place.

Ginger's effectiveness is documented in a study<sup>(9)</sup> of patients suffering from joint problems. By taking powdered ginger, 75 percent got relief from pain and swelling and 100 percent got relief from muscular discomfort.

(9) Srivastava, K.C., et al. Ginger (*Zingiber officinalis*) in rheumatism and musculoskeletal disorders. *Med Hypotheses*. 39(4): 342-348, 1992.

## The end result? Freedom from joint discomfort!

What will it mean to you to soothe your stiff joints and sore muscles?

It means not worrying about your knees, hips, back, fingers, joints or muscles any more.

It means doing all the little things you enjoy doing in life without discomfort.

It means having fun again.

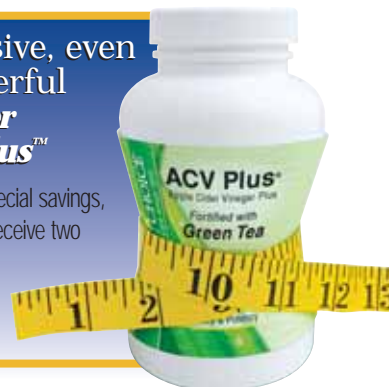
And it means enjoying soothing comfort and relief the safe, natural way.

Now that's Mother Nature working her magic!

Yet, there's even more that the matchless *Apple Cider Vinegar Plus*™ can do for your overall health, as you'll see in this next surprising benefit...

## The exclusive, even more powerful *Apple Cider Vinegar Plus*™

See page 32 for special savings, plus how you can receive two FREE bottles with your order and three FREE Gifts.



# Nature's forgotten secret for keeping your cholesterol healthy

Means you don't have to worry about side effects or big medical bills!



Let's face it, keeping your cholesterol levels healthy and normal can be frustrating.

But can nature give you safe, effective support for healthy cholesterol?

My answer is a resounding YES, when you take the one-of-a-kind *Apple Cider Vinegar Plus™*.

## Helps keep your cholesterol normal not one but five ways

I'm excited to report that *Apple Cider Vinegar Plus™* includes five unique ingredients from nature's medicine cabinet that all work together to keep your cholesterol

low and healthy. These include:

### ...cayenne, the secret from India for healthy cholesterol:

For centuries, cayenne has been a favorite remedy in Indian medicine, and it's prized for how it helps with cholesterol.



In three different medical studies<sup>(10,11,12)</sup>, it was found that cayenne significantly prevented the expected rise in liver and serum cholesterol, even when combined with foods high in dietary cholesterol. Plus, cayenne enhanced the elimination of both free cholesterol and bile acids.

### ...citrin, the cholesterol fighter:

The hydroxycitric acid (HCA) found in citrin is very similar to citric

(10)Sambaiah, K & Satyanarayana, N. "Hypocholesterolemic effect of red pepper & capsaicin," Indian Journal of Experimental Biology, 18, 898-899, 1980  
(11)Sambaiah, K., Satyanarayana, N. & Rao, M.V.L., "Nutrition Reports International," 18(5), 521-529, 1978  
(12)Srinivasan, M.R., Sambaiah, K., Satyanarayana, M.W. & Rao, M.V.L., "Influence of red pepper and capsaicin on growth, blood constituents and nitrogen balance in rats." Nutrition Reports International, 21(3), 455-467, 1980



acid found in many other fruits.

Citric acid helps your body burn sugar for energy. It also plays a role in how your body converts simple sugars into energy and how it stores additional energy in various forms of fat.

Even better, HCA inhibits your body's production of fatty acids and cholesterol from this cycle<sup>(13)</sup>.

In addition, research shows citrin helps stop the formation of bad cholesterol in your body<sup>(14)</sup>.

### **More of Mother Nature's cholesterol- busting secrets**

If that's not enough, this remarkable *Apple Cider Vinegar Plus™* advanced breakthrough formula includes:



### **...fenugreek seed extract, the cholesterol regulator:**

This spicy herb has been hailed for its medicinal properties, including its ability to help maintain cholesterol within the normal range.

How does fenugreek help your cholesterol? Research suggests that this herb has an unique fiber that

## **An attractive *extra* benefit**

Not only will this scientifically advanced *Apple Cider Vinegar Plus™* boost your health eight ways at once...

As an *extra* benefit, it'll also help women look more attractive and men look more handsome.

Imagine for a moment if you could enjoy sleeker, shinier, more lustrous hair...smoother, younger-looking skin...and healthier nails.

These extra benefits are possible because of the apple cider vinegar and other unique ingredients in this special formula.

You'll look healthier, more radiant and more youthful.



(13)Sullivan AC, Hamilton, et al; Inhibition of Lipogenesis in Rat Liver bt (-)-Hydroxycitrate. Archive of BioChem & BioPhy 150(1972) 183-90

(14)Sullivan, Comparative Effects of (-)-Hydroxycitrate and (+)-allohydroxycitrate on Acetyl CoA Carboxylase and Fatty Acid and Cholesterol Synthesis in viv; Lipids 12, 4 April 1977m 357-63

helps soak up cholesterol before your body can absorb it. Plus, it helps increase cholesterol excretion.

One study<sup>(15)</sup> even suggests that fenugreek seed actually reduces cholesterol naturally made by your body.

### ...apple pectin, the fabulous fiber for healthy cholesterol:

Pectin is one of the healthiest ingredients found in many fruits. But the pectin found in apples has caught the attention of doctors and scientists for its ability to keep your cholesterol healthy.

In one study<sup>(16)</sup> healthy volunteers took approximately 20 grams a day of concentrated dietary fiber from carrot, cabbage, apple, bran or guar gum. It was shown that the fiber from apple pectin helped keep total serum cholesterol in healthy ranges.

### ...green tea extract, the cholesterol solution

*Apple Cider Vinegar Plus*<sup>TM</sup> is now an even more potent cholesterol solution with the addition of green tea extract.

Research documents that patients with cholesterol concerns took 375 mg of a Theaflavin-enriched green tea extract for 12 weeks and saw LDL cholesterol fall 16.4 percent.

(15)Sauvaire Y, Ribes G, Baccou JC, Loubatieres-Marinaï MM. Implication of steroid saponins and saponinins in the hypocholesterolemic effect of fenugreek. *Lipids* 1991;26:191-7

(16)DJ Jenkins, D Reynolds, AR Leeds, AL Waller and JH Cummings: Hypocholesterolemic action of dietary fiber unrelated to fecal bulking effect. *American Journal of Clinical Nutrition*, Vol 32, 2430-2435 1979.

## Look great, feel great!

### Healthy cholesterol, plus weight loss!

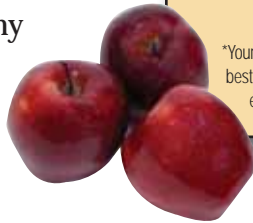
"*Apple Cider Vinegar Plus* has helped maintain my cholesterol



levels. Since taking it, my cholesterol is at a healthy level and in check, plus I'm losing weight."\*

—R.Z., Charlotte, NC

\*Your results may vary. *Apple Cider Vinegar Plus*<sup>TM</sup> works best when taken regularly and combined with sensible eating and regular exercise.



### Great health made simple!

You have many choices of vitamins, nutrients and supplements to help keep your cholesterol low and healthy.

But why take handfuls of pills when *Apple Cider Vinegar Plus*<sup>TM</sup> can help you manage your cholesterol, safely and naturally—not to mention boost your health seven other ways?

Plus, as you'll see next, the unique *Apple Cider Vinegar Plus*<sup>TM</sup> helps you in a way you may never expect...

The exclusive, even more powerful *Apple Cider Vinegar Plus*<sup>TM</sup>

See page 32 for special savings, plus how you can receive two FREE bottles with your order and three FREE Gifts.



# Control your blood sugar with this herbal discovery

Put an end to many health worries and frustrating sugar spikes.

**A**nother remarkable way the *Apple Cider Vinegar Plus™* is an 8-in-1 boost for your health is how it maintains healthy blood sugar already in a normal range.

This is extremely important because when your blood sugar is normal, everything works better. Your heart. Circulation. Vision. Legs. Weight control. Energy. Mood.

I see patients all the time struggling with their blood sugar. And fluctuating high and low sugar levels can break down your health, cause weight gain, fatigue and lots of other problems.

The good news is that this very potent *Apple Cider Vinegar Plus™* is specially formulated with three



key ingredients that make it nature's breakthrough for healthy blood sugar.

## The herbal secret that balances your blood sugar

First, *Apple Cider Vinegar Plus™* helps balance your blood sugar with **fenugreek seed extract**.

Otherwise known as "Greek hay," fenugreek has been used for centuries as a food, medicine and dye. In fact, if you've ever eaten curry, you've likely eaten its seeds.

But from my perspective as a doctor, fenugreek's most powerful effect is how it helps your blood sugar. In fact, it can safely and naturally help...

Bravo for *Apple Cider Vinegar Plus™*!

**Great for my blood sugar!**

"I have low blood sugar. Since I have been taking *Apple Cider Vinegar* capsules, I do not have a problem with it dropping and it also keeps my weight down."\*

—Mrs. Joe Wike, Conover, NC

\*Your results may vary. *Apple Cider Vinegar Plus™* works best when taken regularly.

# Extra, unexpected benefits from fenugreek

Besides balancing your blood sugar, fenugreek seed extract can also help you...

- **Maintain healthy cholesterol and triglycerides already in normal ranges.** That's right, fenugreek seed has a *dual* effect on your blood sugar and your blood lipid fat levels. Studies suggest fenugreek had positive effects on cholesterol and triglycerides in patients concerned about their blood sugar.
- **Suppress your appetite and lose weight.** As mentioned, fenugreek seed contains a soluble fiber known as galactomannan. What we know is when consumed, this fiber forms a gel in the stomach which in turn makes you feel full. This will then suppress your appetite.



- Balance your blood sugar
- Stimulate insulin secretion
- Improve glucose tolerance
- Decrease sugar spikes

These benefits are possible because fenugreek seed extract contains the highly soluble fiber *galactomannan*. This unique fiber helps curb the absorption of glucose in the stomach.

Plus, it contains a special amino acid 4-Hydroxyisoleucine which is thought to promote insulin secretion.

What's more, the miraculous effect of fenugreek seed extract is...

## ...backed by numerous medical studies

In two studies<sup>(17, 18)</sup>, taking fenugreek seed powder helped patients concerned with blood sugar keep their levels healthy following a meal.

### What a blessing!

“After 15 years of...no relief, I was connected with... *Apple Cider Vinegar Plus*. Today, I have normal blood pressure. I...will never let this herbal formula leave my home.”\*

--C. R. Rizzuto, Shoreline, WA

\*Your results may vary. *Apple Cider Vinegar Plus*™ works best when taken regularly.

(17) Madar Z, Abel R, Samish S, Arad J. Glucose-Lowering Effect of Fenugreek in Non-Insulin Diabetic Eur J of Clin Nutr. 1988; 42:51-54

(18) Sharma RD, Raghuram RC, Rao NC. Effect of Fenugreek Seeds in Non Insulin Dependent Diabetic Subjects. Nutr Res: 1990;10: 731-739

(19)Sharma RD, Raghuram RC, Rao NC. Effect of Fenugreek Seeds on Blood Glucose and Serum Lipids in Type 1 Diabetes. Eur J of Clin Nutr 1990; 44:301-306

(20) Johnston CS et al. "Vinegar improves insulin sensitivity to a high-carbohydrate meal in subjects with insulin resistance or type 2 diabetes. Diabetes Care 27(1): 281-282, 2004

**“Combine *Apple Cider Vinegar Plus™* with a sensible diet and regular exercise like I do, and I’ll promise you this: You’ll enjoy GREAT results for your weight, heart, joints, blood sugar and more.”**

***Dr. Karen Yale***



And in another study<sup>(19)</sup> fenugreek seed powder helped patients in three areas: blood sugar levels, glucose tolerance and urinary excretion.

What’s more, the one-of-a-kind *Apple Cider Vinegar Plus™* includes...

## **Two more blood sugar balancers**

Equally exciting is a study<sup>(20)</sup> I just came across that suggests that apple cider vinegar is also great for your blood sugar.

In this study, three groups of subjects (two of which had blood sugar concerns, one which was a control group) took 20 grams of apple cider vinegar followed by a high carb breakfast, for one week. Then, they went one week without apple cider vinegar.

The results? All three groups showed greater insulin sensitivity and lower glucose levels with apple cider vinegar.

In addition, traditional practitioners have used **apple**

**pectin** for centuries to maintain blood sugar in normal ranges.

## **The conclusion?**

As you can see, the even more powerful *Apple Cider Vinegar Plus™* gives you three unique ways to help control your blood sugar.

And when you combine it with a healthy diet, exercise and your current blood sugar regimen, you can keep your blood sugar balanced, safely and naturally.

**IMPORTANT:** Please consult your doctor before changing or adjusting any medications you’re taking for blood sugar.

But there’s even more ways *Apple Cider Vinegar Plus™* boosts your health, as you’ll now see...

The exclusive, even more powerful ***Apple Cider Vinegar Plus™***

See page 32 for special savings, plus how you can receive two FREE bottles with your order and three FREE Gifts.



# Give your heart the nutrients it craves and enjoy a big boost in circulation

Simple tip sadly overlooked by many doctors.

**Y**our heart is the hardest working muscle in your body.

But what most people don't know is your heart needs specific nutrients for it to function at peak efficiency—and that's where the amazing *Apple Cider Vinegar Plus™* comes through with flying colors!

## The missing heart nutrient

Many doctors and most people fail to realize that for a healthy heart and circulation, your body needs plenty of potassium.

But potassium is missing or greatly lacking from most people's diet. In fact, Americans ingest

## A strong heart means no limits!

Imagine keeping a strong, healthy heart your entire life. You'd be free to live life on your terms. Picture yourself...

- Climbing mountain peaks and soaking up nature's grandeur
- Taking up a sport you've always wanted to play
- Spending time on your favorite hobby or pastime
- Keeping up with your kids and grandkids
- Having more fun than you've had in years

Let the incredible *Apple Cider Vinegar Plus™* open up a whole new world of possibilities for you!





**With the help of potassium-rich apple cider vinegar, you can keep your blood pressure and your heart healthy.**

twice as much salt as potassium. This is bad news for your heart, circulation, blood pressure and overall health.

The truth is, your heart needs a large supply of potassium to beat strongly and to pump blood easily throughout your whole body.

The good news is, apples are a rich source of potassium. It's been called the "mineral of youth" because it can keep your arteries flexible and resilient and your tissues healthy.

Of course, it's tough to eat enough apples to supply your heart and circulation with potassium—and that's why people love **apple cider vinegar**.

Apple cider vinegar gives you the potassium boost you need each day to keep your heart strong and your circulation healthy. And it's as easy as taking the very potent *Apple Cider Vinegar Plus™*.

But there's even more.



## Miracles for me!

*"Apple Cider Vinegar Plus has worked miracles for me. I wouldn't be without it. Thanks Botanic Choice."\**

—Geneva Lofties, Shawnee, OK

\*Your results may vary. *Apple Cider Vinegar Plus™* works best when taken regularly.

## Extra heart boosters from nature's medicine cabinet

In addition, *Apple Cider Vinegar Plus™* is rich in **citrin**, which helps keep your capillary walls strong and pliant. Plus, it includes **bromelain**, which is vital for keeping your arteries healthy and clear.

Together, these three unique ingredients are essential for your heart, circulation and overall health.

They are prime examples of letting nature take its course for natural health and wellness—and peace of mind.

Yet there's even more. As you see next, the *Apple Cider Vinegar Plus™* boosts your health in a very important way...

The exclusive, even more powerful ***Apple Cider Vinegar Plus™***

See page 32 for special savings, plus how you can receive two FREE bottles with your order and three FREE Gifts.



# Fed up with digestive discomfort or upset stomach? Then try this “smoothing” secret.

With calm digestion, life is good.

One of the most common health problems my patients face is bad digestion.

And if you ever have problems in this area, you know it can make life difficult, if not a living nightmare. After all, who wants to deal with discomfort, bloating, gas or constipation?

But there’s hope, especially with *Apple Cider Vinegar Plus™*.

As you’re about to see, this remarkable formula “smoothes” your digestive tract and stomach

four ways.

## The natural wonder for healthy digestion

The first key ingredient in *Apple Cider Vinegar Plus™* that’s vital for healthy digestion is **bromelain**.

Bromelain has been prized as a natural digestive aid because many digestive complaints are due to the inability of the pancreas to produce enough digestive enzymes—and bromelain supplies those enzymes<sup>(21)</sup>.

The result? Bromelain relieves occasional heartburn and upset stomach.

In addition, bromelain helps your body better digest proteins. Plus, it has the unique ability to work *both* in the acidic environment of your stomach, as well as the alkaline environment of your small intestine.

But the news is even better if you ever suffer from bad digestion.


## Three more digestion-improving nutrients

The *Apple Cider Vinegar Plus™* also includes:

...**ginger**: Ginger has been

**A+ for digestion concerns!**

**Helping my digestion!**



“I... self-manage [blood sugar problems]. I have been using your *Apple Cider Vinegar Plus* which I think has helped my blood sugar level and digestion. Thank you.”\*

—Eugene Friske, Bastrop, TX

\*Your results may vary. *Apple Cider Vinegar Plus™* works best when taken regularly.

(21) Kelly, G.S., Bromelain: A literature review and discussion of its therapeutic applications. *Alt Med Rev.* 1(4): 243-257, 1996.



known as the “digestion tonic” by traditional natural health practitioners and in folk medicine for thousands of years.



It soothes occasional indigestion and heartburn, as well as tummy aches and sour stomachs.

Specifically, ginger acts directly on the stomach to neutralize certain acids and toxins, giving you blessed relief.

What's more, scientific research supports the use of ginger for digestion problems.

It's been hailed in trade journals<sup>(22, 23)</sup> as an effective aid to proper digestion and a therapeutic aid for abdominal discomfort.

In addition, in the peer-reviewed professional journal *Hippokrates*<sup>(24)</sup>, it's mentioned as a therapy for indigestion. And in *Therapeutic Guide to Herbal Medicines*<sup>(25)</sup>, it is also noted as an alternative treatment for indigestion.

**...cayenne:** This spice has been traditionally used to alleviate heartburn. In addition, a laboratory study<sup>(26)</sup> suggests that capsaicin in cayenne may provide protection against acid problems in the stomach.

**...apple pectin:** The special



## The magic of healthy digestion

When your digestion, stomach and elimination are healthy, it can mean:

- Enjoying most or all of the foods you love without discomfort
- Carefree days with little or no worry about stomach problems
- A boost in your overall health and energy

Plus, it can mean...

- No more embarrassing accidents or frequent stops at the bathroom
- No more worrying about gas
- No more bloating or stomach upset
- No more heartburn

fiber content of apple pectin has been prized by medical experts because it helps aid in digestion and elimination—both factors for great health.

## Enjoying smooth digestion is safe and easy

Even better, taking the *Apple Cider Vinegar Plus™* is safe and easy. So you can enjoy smooth digestion and peace of mind.

What's even more exciting, is there's one more vital benefit *Apple Cider Vinegar Plus™* gives you...for a health problem that most people completely overlook.

(22) Herbal digestive aids for the holiday season: ginger extract and triphalia. Sabinsa Corporation Newsletter, December 1997

(23) Ginger—the herbal aspirin? Mediherb Professional Newsletter. 54:1-2, 1996

(24) Glatzel, H. Treatment of dyspeptic disorders with spice extracts. 40(23): 916-919, 1969

(25) Blumenthal, M. et al. The Complete German Commission E Monographs. 1998:425-426.

(26) Maggi CA, et al. Capsaicin-sensitive Mechanisms and Experimentally Induced Duodenal Ulcers in Rats. J Pharm Pharmacol. July 1987; 39(7): 559-61.

# A simple way to balance your body's pH level and experience super health

Now you can directly address a hidden cause of many health problems.



If I were to ask new patients if they know what their pH levels (the acid-alkaline measurement) are, 99 percent of them would say “no.”

Yet how acidic or alkaline your body is can make a huge difference in your overall health.

Let me briefly explain. Within a healthy human body, there's a precise balance between an acidic and alkaline (acid-neutralizing) environment. The perfect body pH measurement is 6.4. Above that is too much alkaline; below it is too much acid.

## **A huge, hidden health problem**

Today, most people are too acidic because of high fat diets,

acid-forming foods and toxic food residues. And if you're too acidic, you open the door to many potential health problems.

In fact, I believe that “over-acidification” is a major hidden cause of many health problems.

Too much acid in your body can affect every cell in the body, corrode body tissues, and cause a build-up of toxic wastes and harmful chemicals that can drag down your health. Left unchecked, over-acidification can cause you a lot of problems!

Yet few people and few doctors ever address this problem.

But the good news is, with support of special nutrients in *Apple Cider Vinegar Plus™*, along with a healthy diet, you can easily balance the pH levels in your body, protect your health and enjoy super wellness.

The first key ingredient is...

## **The timeless secret to balanced pH**

It's **apple cider vinegar**. Apple cider vinegar is essential for super health because one of its main benefits is it helps regulate the acid/alkaline balance in your body.

This is possible because of the

## Too much acid can be dangerous to your health

How acidic is your diet or lifestyle? If you're getting too much acid, it can be very dangerous to your health.

Ideally, you want a *pH that's balanced between acidic and alkaline*. Check out the chart below and see where you stand. Most people are too acidic.

### Acid-forming examples:

- prescription drugs
- food chemicals
- refined sugars
- meats
- fish
- poultry
- eggs
- most dairy
- most grains

### Alkaline-producing examples:

- fruits
- vegetables
- herbs
- cereal grasses
- sprouts

The good news is, the remarkable *Apple Cider Vinegar Plus™* helps balance acid/alkaline in your body for super health.



unique composition of apple cider vinegar. It's made up of...

- 90 different substances, such as 13 types of carboxylic acids, four aldehydes, 20 ketones, 18 types of alcohols and eight ethyl acetates
- Important nutrients such as acetic acid, propionic acid, lactic acid, enzymes, amino acids, as well as roughage from potash and apple pectin
- Key minerals and trace elements such as potassium, calcium, magnesium, phosphorus, chlorine, sodium, sulfur, copper, iron, silicon and fluorine

While each nutrient plays a role in pH balance, when they are taken all together in apple cider vinegar, you get the results you want.

You know the saying, "an apple a day keeps the doctor away." Better put is "an apple cider vinegar a day keeps the doctor away!"

In addition, *Apple Cider Vinegar Plus™* includes...

## Nature's acid/alkaline normalizer

To make this formula even more effective, it includes **bromelain**, the special digestive enzyme I mentioned earlier.

Besides helping to smooth your digestion and ease stiffness, bromelain also helps normalize the pH balance in your body.

Better yet, when bromelain is taken along with apple cider vinegar, you get a one-two punch for acid/alkaline balancing. And that means improved health and wellness.

While this is the eighth benefit of taking the unique *Apple Cider Vinegar Plus™*, the best news of all is...

The exclusive, even more powerful **Apple Cider Vinegar Plus™**

See page 32 for special savings, plus how you can receive two FREE bottles with your order and three FREE Gifts.



# “The best news yet is you can try this amazing natural miracle without risking one penny!”

**A**s you’ve just read, the exclusive *Apple Cider Vinegar Plus™* helps your body eight ways at once.

How is this possible?

- It includes the unique nutrients I mentioned and *blends them together in an advanced, scientifically-based formula*. All to give you a synergistic result that works better than taking each nutrient alone.
- It includes *carefully-researched dosages* to give you the maximum health benefit, based on the latest medical research and scientific study.
- It includes *ancient healing secrets* and *cutting-edge nutritional breakthroughs*—the best of both worlds.

## **Take this one supplement and boost your health eight ways!**

Remember, the one-of-a-kind *Apple Cider Vinegar Plus™* is guaranteed to...

- 1) **Accelerate your weight loss efforts**—when used with a healthy diet and regular exercise
- 2) **Stimulate calorie and fat burning** so you get as thin as you want to be and maintain it
- 3) **Ease stiff, sore joints** and improve flexibility and comfort
- 4) **Keep your cholesterol** in a healthy, normal range
- 5) **Support healthy blood sugar levels**, the safe and natural way
- 6) **Boost your heart**, while supporting healthy circulation
- 7) **Promote smooth digestion** and relieve occasional heartburn and upset stomach
- 8) **Regulate the pH balance** in your body for super health

Even better...

**“Imagine enjoying eight remarkable health benefits at once—there’s nothing like the amazing *Apple Cider Vinegar Plus™*!”**



# You can try *Apple Cider Vinegar Plus*<sup>™</sup> and save up to \$120.92! Includes two FREE bottles and FREE Shipping!

There's never been a better time than now for you to give the exclusive *Apple Cider Vinegar Plus*<sup>™</sup> a try.

For example, your new low-priced "Super Deal" includes:

- Three 90-count bottles of *Apple Cider Vinegar Plus*<sup>™</sup> (a three-month supply) at a special \$30.00 savings and the lowest average price per bottle!



- Two additional FREE 90-count bottles of *Apple Cider Vinegar Plus*<sup>™</sup>, a \$59.98 value (like getting a two month's supply FREE!)



- One FREE bottle of *Vegetable & Fruit Tablets*<sup>™</sup>, a \$14.99 value—In these premium vegetable and fruit tablets, you get a bushel full of benefits including:



- Six foods known to have positive effects on your health: soybeans, garlic, celery, broccoli, grapefruit, and flaxseed.
- Essential vitamins, minerals and natural immune-supporting nutrients that act as protectors to your body.
- Extra support that matches the new Food Pyramid that

recommends nine 1/2 cup servings of veggies and fruits a day.

- A perfect complement to your weight loss efforts.
  - Peace of mind knowing you're helping your body help itself.
- A FREE \$10 Gift Certificate for future orders of any of our unique health products.



- And FREE Shipping and Handling, a \$5.95 value.

In all, you can save up to \$120.92 with the "Super Deal!"

Plus...

**You won't risk one cent with our risk-free money-back guarantee of "satisfaction plus"**

Even better, you can enjoy an 8-in-1 health boost *without risking one cent.*

When you order *Apple Cider Vinegar Plus*<sup>™</sup>, you're protected by a risk-free money-back product guarantee of effectiveness, quality and potency.

You must be more than satisfied with the results *Apple Cider Vinegar Plus*<sup>™</sup> delivers, or you will get your money back. If you're unhappy in any way, just return any or all of the bottles, opened or not, for a full, 100% product refund—no questions

asked. Should you ask for a refund, you can keep all of your FREE gifts as our “thank you” with no further obligation. What could be fairer than that?

**Put this exclusive doctor-approved formula to work for you today!**

Important: *Apple Cider Vinegar Plus™* is not found in any health food store, drug store or supermarket—but only through this special offer.

Give me 21 days, and I'll show you how you can start enjoying a total health turnaround with *Apple Cider Vinegar Plus™*. Prove it to yourself how it can work better than any vitamin, supplement, diet or exercise alone.

Remember, it's the natural miracle that does wonders for your body eight ways at once. Order today without risking one penny.

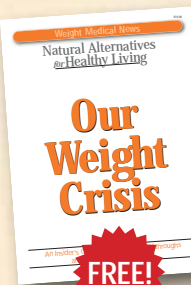
Yours for even better health,



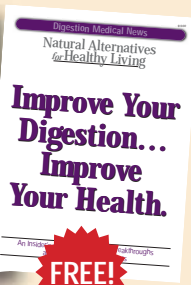
Dr. Karen Yale

**P.S. Extra FREE Bonus Gifts!**

Order the exclusive *Apple Cider Vinegar Plus™* within the next 7 days, and you'll receive two extra FREE Gifts: Two FREE Special Reports—*Our Weight Crisis* and *Improve Your Digestion, Improve Your Health*. Valued at \$10 each, that's a total of \$20 in bonus Special Reports to help you stay slim and trim, the natural way



**FREE!**



**FREE!**

**Great news—look at how much you'll save!**

It would cost you \$76.92 to buy a one-month supply of each individual ingredient found *Apple Cider Vinegar Plus™*.

But with your Super Deal order, you can get *Apple Cider Vinegar Plus™* for the average price of just \$11.99 per month, when you buy 3 and get 2 FREE!

	Individual cost for one month
apple cider vinegar .....	\$ 4.99
green tea extract .....	\$ 6.99
apple pectin .....	\$12.99
bromelain .....	\$12.99
cayenne pepper .....	\$ 6.99
citrin.....	\$ 9.99
ginger root .....	\$14.99
fenugreek seed extract .....	\$ 6.99

**Total if you buy individual ingredients .....**\$76.92

**Average cost of one-month supply of *Apple Cider Vinegar Plus™* Super Deal (with two FREE bottles) .....**\$11.99

**You save each month.....**\$64.93

and ease digestive woes safely and naturally. So hurry—order now!

**P.P.S. Get two bottles, FREE!** Don't forget, your “Super Deal”

includes two additional FREE 90-count bottles of *Apple Cider Vinegar Plus™*. That's five bottles in all at the lowest average price per bottle and greatest savings. And remember, you risk nothing, so order today.



Dr. Karen Yale

# ZERO RISK!

Our risk-free money-back guarantee means you don't risk a cent!

You can try the exclusive *Apple Cider Vinegar Plus™* today without risking one cent.

That's right. You're protected with a risk-free money-back guarantee that includes...

- **A guarantee of effectiveness:** *Apple Cider Vinegar Plus™* is guaranteed to give your body an 8-in-1 boost: for weight loss, calorie burning, joint health, cholesterol, blood sugar, cardiovascular health, digestion and pH balance. Simply put, *ACVPlus®* will work...or your money back.
- **A guarantee of quality:** *Apple Cider Vinegar Plus™* is guaranteed to use only superior-quality, top-grade ingredients from leading raw material suppliers and manufacturers. This ensures that you receive the highest-quality nutritional supplements, vitamins and herbal products...or your money back.
- **A guarantee of potency:** *Apple Cider Vinegar Plus™* is guaranteed to give you the full potency and 100% of the label claim for its 8-in-1 health-building ingredients and will keep that potency through the expiration date...or your money back.

**BOTTOM LINE:** You must be more than satisfied with the results *Apple Cider Vinegar Plus™* delivers, or you can get your money back. *All of it.* That's right. If you're unhappy in any way, just return any or all of the bottles, opened or not, *for a full, 100% product refund—no questions asked.* Should you ask for a refund, you can keep all of your FREE gifts as our "thank you" with no further obligation. What could be fairer than that?

*Dr. Yale*

# Your Special “Super Deal” Means...

In all, you get  
a total of \$120.92  
in savings and  
FREE Gifts!

an 8-in-1 boost for weight loss, calorie burning, joint health,  
blood sugar, cholesterol, cardiovascular health, digestion and pH balance!

5 bottles in all  
at the lowest average  
price per bottle—just  
\$11.99 each!

2 FREE  
Bottles!

FREE!

FREE  
Shipping!

FREE!

\$10

\$10

**\$10 Gift Certificate**  
towards your next purchase

\$10

\$10

## Your “super deal” includes:

- **Super savings:** Three 90-count bottles at a \$30.00 savings
- **FREE—Two additional bottles:** Two 90-count bottles, FREE. A \$59.98 value!
- **FREE bottle of *Vegetable & Fruit Tablets™*:** A \$14.99 value!

In each special tablet, you get six foods known to have positive effects on your health: soybeans, garlic, celery, broccoli, grapefruit, and flaxseed.

You'd have to consume 4 stalks of celery, 1 cup of broccoli, 3 grapefruit, 1 clove of garlic and an abundance of soybeans EVERY SINGLE DAY to get the benefits of one easy to take, freeze dried tablet.

- **FREE \$10 Gift Certificate:** Use it for future purchases of any of Botanic Choice's unique health products.
- **FREE Shipping & Handling:** Saves you an additional \$5.95.

**In all, you get a total of \$120.92 in savings and FREE Gifts!**



# The Exclusive *Apple Cider Vinegar Plus*<sup>™</sup> formula:

Amount per serving: One easy to swallow capsule, taken before each meal, provides all these powerful nutrients:

- 300 mg apple cider vinegar
- 250 mg green tea extract
- 100 mg cayenne pepper
- 100 mg fenugreek seed extract
- 400 mg apple pectin
- 200 mg bromelain
- 300 mg citrin
- 200 mg ginger root



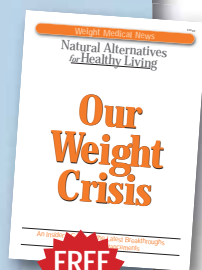
Now, you get all of these unique nutrients and remarkable benefits in one exclusive supplement. The one-of-a-kind *Apple Cider Vinegar Plus*<sup>™</sup>!

## Plus, receive two extra FREE Gifts when you order within 7 days!

### ■ FREE Fast Reply Gift No. 1: Our Weight Crisis (a \$10 value, yours FREE!)

America is suffering from an overlooked health epidemic: Obesity! As many as 20 percent of Americans are obese, with that number increasing 74 percent in just one ten year period. But in this must-read Special Report, you'll discover...

- The shocking truth about diets and weight loss—why most typical weight loss programs don't work.
- The most powerful—and safest—ways to get slimmer and trimmer. Look so good you'll get compliments galore!
- Warning—these popular prescription drugs make you fatter.
- Nature's ephedra that helps you burn unwanted fat like magic.
- And dozens more secrets for losing stubborn pounds without killer diets or eating tasteless diet foods, all yours FREE!

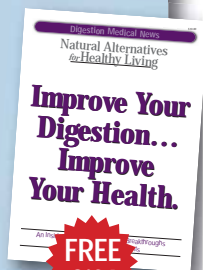


FREE Gift!

### ■ FREE Fast Reply Gift No. 2: Improve Your Digestion, Improve Your Health (a \$10 value, yours FREE!)

Did you know that up to 80 percent of your immune system resides in your gut? This is why having a healthy digestive system is absolutely essential for great health. In this exclusive Special Report, you'll discover...

- The real story about bacteria in your gut. Why the "good" bacteria found there can help you banish digestive woes.
- Nature's quick and powerful secret for stopping painful gas!
- The No. 1 natural remedy for soothing a sensitive stomach.
- The breakthrough plant from Mother Nature's medicine cabinet that alleviates bloating...and much more!



FREE Gift!

**But hurry! To claim these two FREE Special Reports, you must order within 7 days!**

# Three choices when you order:

## 1. SUPER DEAL

- Three bottles of *Apple Cider Vinegar Plus™* at a special \$30 savings (lowest average price per bottle)
- Two FREE bottles of *Apple Cider Vinegar Plus™*
- FREE bottle of *Vegetable & Fruit Tablets™*
- FREE \$10 Gift Certificate for future purchase of any of our unique products
- FREE Shipping and Handling

Save \$120.92!



5 bottles —lowest average price per bottle— \$11.99 each!

FREE!

FREE!

\$10 Gift Certificate towards your next purchase

## 2. BETTER DEAL

- Two bottles of *Apple Cider Vinegar Plus™*
- One FREE bottle of *Apple Cider Vinegar Plus™*
- FREE bottle of *Vegetable & Fruit Tablets™*

Save \$64.98!



FREE!

FREE!

## 3. GOOD DEAL

- One bottle of *Apple Cider Vinegar Plus™*

Save \$10.00!

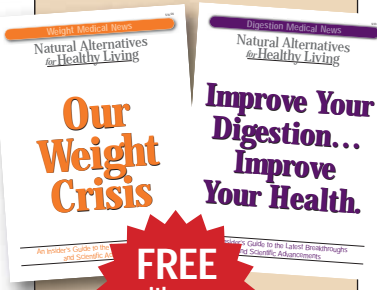


## It's easy to order!

- 1) For fastest service, with credit card, call Toll-Free **1-800-644-8327**  
Call any time, 24 hours a day, 7 days a week
- 2) Fax both sides of the completed order form to: 1-219-947-4148
- 3) Clip and mail the completed order form with your payment in the enclosed postage paid envelope to: Botanic Choice, 3401 W. 37th Avenue, Hobart, IN 46342
- 4) Internet:  
[www.AppleCiderVinegarPlus.com](http://www.AppleCiderVinegarPlus.com)

And don't forget your extra **FREE Gifts** when you order within 7 days!

Please note: These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease or illness.



FREE with your fast order!

# Certificate For Special Savings and FREE Gifts

**YES**, I want the natural miracle guaranteed to give my body an 8-in-1 boost for weight loss, calorie burning, joint health, cholesterol, blood sugar, cardiovascular health, digestion and pH balance. Send me the exclusive, doctor-approved natural breakthrough, *Apple Cider Vinegar Plus™*.

Plus, I understand I risk nothing with a risk-free, 100% money-back guarantee. With that in mind, please rush me:

Choose one:

**SUPER DEAL!** Buy three, get two FREE...PLUS FREE SHIPPING!

- Send me three 90-count bottles (a 3-month supply) of *Apple Cider Vinegar Plus™* for only **\$59.97** (a special \$30.00 savings)
- Two FREE bottles of *Apple Cider Vinegar Plus™*...a \$59.98 value
- One FREE bottle of Vegetable & Fruit Tablets™...a \$14.99 value
- FREE \$10 Gift Certificate for future purchase of any of our unique products
- FREE Shipping & Handling...a \$5.95 value

5 bottles in all at the lowest average price per bottle—just \$11.99 each!



Save \$120.92!

**BETTER DEAL!** Buy two, get one FREE!

- Send me two 90-count bottles (a 2-month supply) of *Apple Cider Vinegar Plus™* for only **\$39.98** (a special \$20.00 savings), plus \$5.95 S&H = \$45.93.
- One FREE bottle of *Apple Cider Vinegar Plus™*...a \$29.99 value
- One FREE bottle of Vegetable & Fruit Tablets™...a \$14.99 value



Save \$64.98!

**GOOD DEAL!**

- Send me one 90-count bottle (30-day supply) of *Apple Cider Vinegar Plus™* for only **\$19.99** (a special \$10.00 savings), plus \$5.95 S&H = \$25.94.



Save \$10.00!

Call Toll-Free  
**1-800-644-8327**  
 24 hours a day, 7 days a week  
 (for fastest service)

- Fax **both sides of the completed order form to:** 1-219-947-4148
- **Clip and mail** completed order form to:  
 Botanic Choice  
 3401 W. 37<sup>th</sup> Avenue  
 Hobart, IN 46342-1751
- **Shop the Internet:**  
[www.AppleCiderVinegarPlus.com](http://www.AppleCiderVinegarPlus.com)

**EXTRA FREE GIFTS!** I'm ordering within 7 days, so rush me two Extra FREE Gifts, *Our Weight Crisis* and *Improve Your Digestion, Improve Your Health*, each a \$10-value.



Method of Payment:

Please check box below & fill in appropriate information:

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  Mastercard Debit
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Expires: \_\_\_\_/\_\_\_\_/\_\_\_\_ Amount \$: \_\_\_\_\_

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 (Optional, in case we have a question with your order.)

My check or money order is enclosed made payable to: Botanic Choice (IN residents please add 7% sales tax)

**YES!** Please e-mail me new research, medical updates, health alerts and special saving opportunities. My e-mail address will never be sold or rented, plus I understand I can unsubscribe at any time.

E-mail address (Optional) \_\_\_\_\_

# Exclusive Discovery

## Gives you an 8-in-1 Health Boost

- 27 pounds vanished in seven weeks .....page 9
- "70 lbs lost and feet and legs don't hurt anymore" .....page 11
- "No more aches and discomfort anywhere" .....page 15
- "Helped maintain my cholesterol" .....page 18
- "After 15 years of no relief, I have normal blood pressure" .....page 20



Natural slimming! Normal digestion! Healthy cholesterol! Strong hearts! Unlimited energy! How did they do it? With an ancient rejuvenating natural health secret now supercharged by modern nutritional science. See page 3

Dr. Karen Yale



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