

Journal of Natural Medicine

SPECIAL ISSUE

Summer 2019 • \$6.95

The energy cocktail used by overworked doctors on night shifts

Studies show these energy herbs can boost your strength, stamina, and mental sharpness in just days.

In This Issue...

- The energy secret the Russians kept quiet. Page 2
- A hidden way Olympic athletes and astronauts boosted their performance. Page 3
- The breakthrough that turned “couch potatoes” into near-athletes. Page 4
- A “cardio adaptogen” prescribed by doctors. Page 5
- How Hollywood stars perform at their peak. Page 5
- No-pill secret for endless energy. Page 6



Dr. Janet Zand

By Dr. Janet Zand

Dear Friend,

If you are tired or stressed out, then listen to this...

Scientists have been studying certain herbs that are reported to reduce stress and boost energy.

They tested the herbs on a particularly stressed-out, overworked group—doctors working the night shift at a hospital!

Doctors in hospitals are notorious for being under pressure and for taking stimulants to stay awake. In fact, some doctors joke that their sweat smells like coffee!

Anyway, the researchers decided to give the doctors these herbs. They gave one group of doctors the herbs and the other group a placebo.

Result: The doctors taking the energy herbs scored much higher on alertness, memory, calculations, and concentration. Exactly what you want from a doctor who has to make life-or-death decisions.

But that’s not all, these energy herbs are so natural that

(Continued on next page...)

they helped ...

- ✓ An astronaut stay in space for 437 days, healthy and strong...
- ✓ An Olympic sprinter beat the world's best to win the 100 meter championships...
- ✓ Doctors, soldiers, and college students think faster and remember more...

They even helped turn “couch potatoes” into near-athletes!

The Energy Secret the Russians Kept Quiet

The story begins with the Russian space program. Scientists wanted to know how long humans could survive in space, if we were ever going to make the long journey to Mars.

So Russian astronaut Valeri Polyakov accepted the challenge. He blasted off for the Mir space station to try to set the world record for time in space. He flew to the space station, 250 miles above the earth, and went to work.

Days went by. Then weeks. Then months.

Then a year.

As you'd expect, being in space for so long wreaked havoc on Polyakov's health. His stress hormones skyrocketed. His immune system weakened.

His muscles and bone mass suffered, too. After all, spending just 5 months in space is enough to cause astronauts to lose up to 40% of their muscle mass. And to lose up to 12% of their bone mass.

That's shockingly similar to what happens to us, as we get older. It's kind of like a 30-year-old turning into a 60-year-old—in a matter of months!

But Polyakov stayed in space even longer. Then, having shattered all records for time in space, Polyakov returned to earth. He'd spent 437 straight days in orbit. The longest single space flight in history. Amazingly, he was able to step out of his space capsule when it landed and walk to a nearby chair.

Polyakov had maintained his strength, stamina, and alertness throughout the year-and-a-half ordeal. But how? Yes, he exercised and ate

“Hollywood's Best Kept Health Secret”—says *IN! Magazine*



**Dr. Janet Zand
O.M.D., L.Ac**

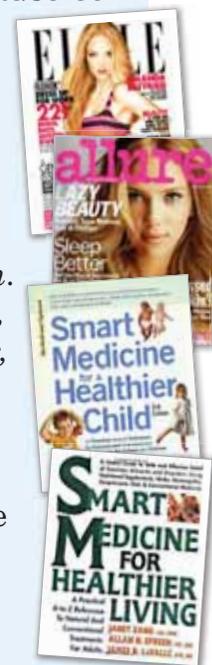
Bestselling author, lecturer and editor of one of the nation's leading health advisory newsletters.

Dr. Janet Zand is a Doctor of Oriental Medicine, a Board Certified Acupuncturist, and a nationally respected author and lecturer.

In! Magazine describes Dr. Zand as “Hollywood's Best Kept Health Secret” because of her “A”-list clientele of movie stars, rock stars and professional athletes. With over 25 years of experience in natural medicine, she was the co-founder of McZand Herbal and the formulator of ZAND Herbal Formulas, which are sold in natural health stores throughout the country.

Dr. Zand is also the co-author of three books on natural health and healing, including *Smart Medicine for a Healthier Child*, *Smart Medicine for Healthier Living* and *The Nitric Oxide Solution*. She has been featured in *Elle*, *Allure*, *The Los Angeles Times*, Lifetime TV, and the BBC.

She is also the Editor-In-Chief of *Women's Health Letter*, where each month she brings her readers new ways to help improve their health, enjoy life, and thrive.



a careful diet. But it wasn't until years later that we learned the real secret...

Polyakov had used a secret formula of herbs to boost his energy, endurance, and mental capacity during the flight. He had used *adaptogens*.

Adaptogens, as you may know, have the unique ability to power up your energy if you are feeling fatigued. Or to calm you down if you're feeling anxious or jittery. In other words, they "adapt" to your body's unique needs. They also help your body adapt to physical and mental stress.

The Russians had secretly spent millions of dollars and hired teams of scientists to develop an adaptogen formula for their astronauts.

But it wasn't until Russian scientists traveled to the West that word leaked out. Soon, Western scientists were doing their own research, and what they found amazed them. They found these adaptogens are able to...

- ✓ **Ramp up your energy**, so you don't feel so tired and foggy-headed
- ✓ **Ignite your alertness**, so you have better focus and concentration
- ✓ **Boost your stamina**, so you can exercise and enjoy your favorite activities
- ✓ **Strengthen your immunity**, to fight off colds and infections
- ✓ **Calm you down** if you're feeling anxious
- ✓ **Even help you sleep better**

So if you want to shake yourself out of your energy doldrums and enjoy life to the fullest, you need to know about...

The Russians' Secret to Super-Human Performance

A key ingredient in the Russians' secret adaptogen formula was an arctic root that grows high up in the mountains of Siberia, where it has to survive in low oxygen, extreme cold, and intense UV sunlight. Adapting to such harsh conditions gives the herb its healing power.



It's *rhodiola*.

For starters, rhodiola is one of those rare substances that boosts energy at the source—your cells. It triggers the

production of ATP (adenosine triphosphate)—the “energy molecule” in your cells.

Rhodiola also boosts creatine phosphate. This helps increase the amount of energy available to your muscles, improving your endurance and recovery.

Once the Russians discovered this, they started giving rhodiola to their Olympic athletes. They found that it ramped up endurance, reaction times, speed, and strength. And led to a slew of Olympic gold medals.

But you don't have to be an athlete or an astronaut to benefit from rhodiola. It works for anyone. And can boost your mental energy, too.

In one study, researchers gave rhodiola to students cramming for exams. The students had more energy and scored higher on tests.

In another study, researchers gave rhodiola to doctors who had to work all-night shifts. The doctors taking rhodiola scored much higher on alertness, memory, calculations, and concentration. Exactly what you want from a doctor who has to make life-or-death decisions.

And in still another study, researchers gave rhodiola to 181 military cadets. The cadets scored much higher in speed of mental tasks, memory, attention, and decision-making. So much higher, that researchers said the odds of this happening without rhodiola were 1,000 to 1!

Rhodiola really shines at improving your response to stress. That's because it reduces cortisol, a stress hormone. It lets your body devote more energy to other things, like exercise. Which helps you burn off calories and keeps

(Continued on next page...)

your weight in a healthy range.

Rhodiola also stimulates your neurotransmitters—like serotonin, norepinephrine, and dopamine. This can improve your mood, energy, and sleep. In one study, rhodiola helped people sleep longer, sleep more soundly, and have more high-quality restorative “REM” sleep.

In short, rhodiola is a great antidote to today’s hectic, high-stress world. Yet as powerful as rhodiola is, it’s only one part of the Russians’ secret formula. They also used...

Adaptogen #2: The King of Adaptogens



If you’re feeling burnt-out these days, you’re not alone. Many of us feel the strain of working too hard, juggling too much, and just keeping up with our 24/7 “always connected” lives.

That’s where this next adaptogen can help. It contains potent plant compounds that fight stress and help your body recover from exertion.

It’s called *eleuthero*. Research shows eleuthero helps boost energy and stamina in everyone from Olympic athletes and astronauts to pilots and factory workers.

In one study, scientists gave eleuthero to competitive cyclists. Within weeks, it boosted their “oxygen uptake” by 12%. And boosted their endurance by a whopping 23%.

Pay attention to that bit about oxygen uptake. Because as we get older, our arteries tend to stiffen up. That means less oxygen-rich blood gets pumped through our bodies. So anything that can boost oxygen uptake can improve your energy and heart health.

Eleuthero also fights fatigue. University of Iowa researchers proved this with 76 people suffering from chronic fatigue. They gave half the group a placebo and half of them eleuthero.

After two months, the group getting eleuthero reported significantly more energy.

Eleuthero powers up your immune system. It activates your body’s natural “killer cells” that attack and destroy bacteria and viruses. In a Russian study of 838 children, eleuthero boosted killer cells by a whopping 25%. In another study, eleuthero helped people recover faster from pneumonia.

Eleuthero is a great herb for anyone who’s “burning the candle at both ends,” or not getting enough sleep.

It helps in so many areas that eleuthero has been nicknamed “the king of adaptogens.” In short, it’s an all-round powerhouse. But I wouldn’t settle for only two adaptogens. I’d also use...

Adaptogen #3: Helped Turn “Couch Potatoes” Into Near-Athletes!



If you want more energy but don’t want to feel anxious or jittery from stimulants, this next adaptogen is for you.

It’s called *schisandra*, and it’s the third adaptogen in the Russians’ secret formula. Schisandra protects you against a wide range of harmful stresses. This includes stress from hot and cold temperatures, low oxygen, inflammation, and environmental toxins.

Schisandra has a unique “dual effect” on your nerves. It enhances your reflexes and mental sharpness. Yet at the same time, it calms you down if you’re feeling anxious.

But where schisandra really shines is when you push yourself to the limit. Russian scientists proved this with athletes. In one study, they gave schisandra to distance runners. And get this: they compared it to a performance-enhancing drug—called phenamine.

All the runners lived in the same place and ate the same food. They all had to complete a

3,000-meter race, one of the toughest challenges.

The result? An amazing 74% of the runners taking schisandra achieved their personal best times. And they did better than the runners taking the performance-enhancing drug!

When U.S. track star Andre Cason heard about adaptogens, he added them to his training program, too. Three months later, Cason beat the fastest sprinters in the world, *including Carl Lewis*, to win the U.S. Championships in 100 meters.

Schisandra has even helped turn “couch potatoes” into near-athletes. Researchers gave schisandra plus two other adaptogens to a bunch of sedentary men. Result? In aerobic tests, these slouches started performing at levels comparable to trained athletes. Their physical work capacity increased by a whopping 28 percent. In other words, these couch potatoes turned into weekend warriors!

In short, this adaptogen supercharges your energy and ability to bounce back from stress. Together with rhodiola and eleuthero, it’s a great way to banish your fatigue and brain fog. But I wouldn’t stop there...

Adaptogen #4: The “Cardio Adaptogen” Prescribed by Doctors in Europe



This next adaptogen is a popular herbal medicine in Europe. In fact, it’s actually prescribed by doctors in Europe as a treatment for heart problems.

It’s *hawthorn*. Hawthorn is remarkable in that it increases nitric oxide in your bloodstream. This can help your blood vessels relax and open up to improve blood flow.

By improving blood flow, hawthorn boosts the oxygen flow to your muscles and brain. This gives you more energy for exercise and concentration.

What’s more, by relaxing your blood vessels, hawthorn can help regulate your blood pressure. Hawthorn has been shown to support healthy blood pressure in a matter of weeks. And to help regulate “bad” LDL cholesterol and triglycerides.

So why add a heart herb to these other adaptogens? Simple. Hawthorn is a special type of herb called a “nervine.” Nervines enhance the effect of the other adaptogens and help them work even better.

Adaptogen #5: The Energy Booster Used by Hollywood Stars Who Want to Perform at Their Best



This adaptogen grows on birch trees in cold areas of Siberia, Korea and Canada. Since it grows on birch trees, it sucks up the nutrients from the birch tree, which is one of the most nutrient-packed medicinal trees.

It’s a mushroom called *chaga*. The Chinese have used chaga for nearly 5,000 years to treat digestive problems, detoxify the liver, stimulate nerves, and boost immunity.

Today, chaga is a hot commodity among Hollywood stars like *Pretty Little Liars* actress Shay Mitchell. She reportedly loads up her smoothies with the stuff.

So how can a mushroom boost your energy? By fighting inflammation. If you’re over 45, it’s rare that you wouldn’t have some form of inflammation in your body.

It’s hard to recharge your energy when you’re constantly fighting inflammation. And as you may know, inflammation has been linked to nearly every chronic health problem.

Chaga blocks two key inflammatory enzymes, including the well-known COX-2 enzyme. This

(Continued on next page...)

Imagine what YOU could do with a



▲ Have more energy for exercising or socializing with friends



▲ Zip through your favorite books without getting drowsy

helps reduce inflammation throughout your body.

Chaga is also a powerful antioxidant. It scavenges free radicals that trigger inflammation and illness. In fact, it contains both superoxide dismutase (SOD) and glutathione, two of the most powerful antioxidants for clobbering free radicals. It may even have more radical-scavenging power than mushrooms such as agaricus and reishi.

The Energy-Boosting Formula the Russians Tried to Keep Secret

Once I saw the research behind this secret Russian formula...and saw how it's helped athletes, astronauts, and other top performers...I knew I had to get my hands on it.

Luckily, a friend of mine had a connection with a supplier in Russia. After months of back-and-forth negotiations, we were able to get a supply of what I believe is the

most potent and powerful adaptogen formula ever released in America.

It's called **Advanced Adaptogen Complex**. And it packs a wallop with the 5 adaptogens I've mentioned so far—rhodiola, eleuthero, schisandra, hawthorn, and chaga. And that's not all...

5 More Powerful Adaptogens That Work Together Like A Symphony Orchestra

Advanced Adaptogen Complex also contains...

- ✓ **Mountain Ash.** The berries of the Mountain Ash tree have been used in Austrian folk medicine for years. And no wonder. The berries, called "rowanberries," are packed with malic acid. Malic acid is an organic compound known to help with fatigue and muscle soreness. Malic acid also helps increase your energy and tolerance for exercise. It's an essential part of



h all-day energy...



▲ Finish the household projects you've been meaning to tackle



▲ Volunteer for a cause you believe in



▲ Learn a new hobby or craft

the “Krebs cycle,” which is how our bodies convert food into energy.

- ✓ **Maral Root.** Maral Root is another plant native to Siberia, where it grows high up in harsh mountain conditions. Maral Root increases the oxygen-carrying capacity of blood. It boosts protein synthesis and helps you recover faster after training. Compounds in Maral Root called ecdysteroids have also been shown to calm you down if you're anxious.



In one study, researchers gave Maral Root to dozens of athletes. They found that nine out of ten athletes were less tired after working out. They also found that Maral Root improved speed, strength and performance in track and field, swimming, speed skating and ski racing.

- ✓ **Manchurian Thorn.** Manchurian Thorn helps prevent the breakdown of muscles and tissues from stress. It contains natural



“plant steroids” that help build muscle. In one study, people who took Manchurian Thorn gained muscle mass and lost body fat in just three weeks. That can help prevent muscle loss as you get older.

Manchurian Thorn also supports healthy blood sugar and improved blood fats. So it's a good choice for people who are a little overweight or worried about high blood sugar.

- ✓ **Cramp Bark.** As the name suggests, Native Americans use Cramp Bark to relieve cramps, muscle spasms, and menstrual cramps. It helps relax your stomach and abdominal muscles to relieve tension in your body.



- ✓ **Chinese Licorice.** The Chinese use this “sweet root” in 80% of their traditional healing formulas. Why? Because Chinese Licorice helps “guide” the other healing herbs into the “energy meridians” in your body, to enhance their



(Continued on next page...)

healing power. It makes the whole formula work better.

Licorice also contains compounds that stimulate your adrenal glands and prolongs the action of your adrenal hormones. This can help boost your energy, too.

Why 10 Adaptogens in One Formula?

Our hormonal and immune systems are incredibly complex. And many of our health problems are interrelated.

So while a single adaptogen may boost your energy, I always tell my patients to take a combination of adaptogens. And **Advanced Adaptogen Complex** is the most sophisticated combo I've ever seen.

This blend of adaptogens is designed to work together and be much more effective than any single herb taken alone. Together, they make **Advanced Adaptogen Complex** an energy-boosting blockbuster!

The ONLY Adaptogen Formula That's Co-Extracted to Give You 5 Times More Energy

Once the Russians' secret got out, many companies rushed to sell their own version of adaptogens. But don't be fooled...

You see, most companies sell adaptogens as dry herbs in capsules. Or they take extracts from single herbs and dump them all together.

But the makers of **Advanced Adaptogen Complex** use a unique, patented "co-extraction" process to get the full power of these herbs. First, they blend all the herbs together in a secret, proprietary process. Then, and only then, do they use water and alcohol to extract the powerful plant compounds inside the adaptogens. This painstaking process can take up to six weeks to complete.

Result? A *liquid* adaptogen formula that is 5.5 times stronger than dried herbs. So you can go all day long without feeling fuzzy-headed or fatigued. You can fly through that project or book

Customers can feel the difference when they try **Advanced Adaptogen Complex**

No wonder there are so many verified, 5-star ratings!



"I give it a 10 out of 10 for clear thinking, energy, good sleep..."

"I give it a 10 out of 10 for clear thinking, energy, good sleep filled nights,

reduced cortisol response in times of stress, healthy food cravings, and balanced mood." —**SunnyRae S.**

"Definitely helps with energy levels..."

"I have been using this product for about one month and it definitely helps with keeping my energy levels high throughout

the day. My workouts are high intensity and I needed something naturally that helps me achieve my fitness goals. Thank you for a great product." —**Jason C.**



"This stuff really works...especially in the afternoon..."

"I am so happy that I found this supplement. When I'm feeling a little tired in the afternoon, I just drink a dropper full of *Advanced Adaptogen Complex* and in just a few minutes I have more energy... Amazing!" —**Sylvia F.**

without looking up. And you can enjoy afternoons of shopping or socializing without feeling worn-out.

It's the difference between taking a few adaptogens and feeling very little. Or getting record-breaking, Olympic champion results!

So don't be surprised if your friends and family start asking what you're doing differently. Because they are going to see how much more energy and enthusiasm you have.

And don't be surprised if your buddies start grumbling. Because you'll be kicking their butt in golf, tennis, and even board games and cards!

I Felt the Difference the First Day I Tried It

You may have heard about adaptogens before. But this formula is different. And let me tell you, it's powerful...

I felt the difference the first day I tried it. I kept working way past 6:00 p.m. without even looking at my watch. Hmmm...this is different,

I thought. And I wasn't the only one...

"Felt like my old self again..."

My patient Jackie showed up complaining about feeling anxious and fatigued. She was so burnt-out that she was being short-tempered with people at work. So I gave her adaptogens.

Jackie phoned me 10 days later to say she felt like her old self again. She was relaxed and easy-going and wasn't snapping at her co-workers anymore. And she was thrilled with how much more energy she had.

"My secret weapon against the younger guys!"

My colleague Lou V., who's 55, has another story. "I'm not much of an athlete," Lou said. "But I took up cycling recently. I found this stuff gives me remarkable endurance. I can be out with a younger crowd of riders and pull off in a sprint at the end, after two-and-a-half hours of riding. It's my secret weapon!"

(Continued on next page...)



"Do not feel sleepy after lunch..."

"I have taken the *Advanced Adaptogen Complex* for a week. I do not feel sleepy during the morning and after lunch. I do not need to rest during the day."—Nicolas R.



"Helped boost my energy level and quality of sleep."

"This is a great product and has helped boost my energy level and improve the quality of sleep. I highly recommend this product."—Christine B.

"Very helpful if you have a particularly busy day..."

"This particular adaptogen is very helpful if you have the afternoon droops or need some extra energy for a particular busy day. It does help to

give you a boost and does not affect your sleep or give you the jitters."—Marianne M.



"Immediately felt a surge in my energy level..."

"I recently started using *Advanced Adaptogen Complex*. I immediately felt a surge in my energy level. I put it in my coffee every morning and I couldn't be more pleased."—Robert M.

"Can walk up stairs and not feel exhausted..."

"I bought this product and feel better everyday I'm taking it. I can walk up stairs and not feel exhausted and play with the grandchildren."—Judy E.

Isn't it time you had your energy boost, too?

Try *Advanced Adaptogen Complex* today through this special limited-time invitation.

“Didn’t have to crawl into bed at 8:30 anymore...”

Then there’s my friend Marilyn, who used to be so bone-tired by the end of the day she’d crawl into bed by 8:30 p.m. But once she started taking **Advanced Adaptogen Complex**, she told me, “I can stay up until 11:00 p.m. if I want, to spend time with my husband or to read a good book. I don’t feel burnt-out and foggy-headed anymore.”



No Pills to Swallow, Either!

Advanced Adaptogen Complex comes in liquid form. So you don’t have to swallow a single pill or capsule. Instead, you simply squirt one eye-dropper full (provided) into a glass of your favorite beverage. Take a drink and that’s it!

9 Ways We Guarantee the High Quality of Advanced Bionutritionals Supplements

I’m sure you’ve heard of vitamins, herbs, and other nutritional products that flunked lab tests. Here at **Advanced Bionutritionals**, we strive to make sure that NEVER happens.

In fact, our manufacturing process guarantees purity, potency and quality 9 different ways:

1. **We use suppliers and growers that we’ve known for years.**
2. **We use ingredients that are shown to be effective in scientific studies.**
3. **We use no artificial colors, artificial binders, artificial fillers, or artificial preservatives,** and non-GMO sources whenever available.
4. **Every supplier is qualified by testing multiple lots of material.** The material is assayed for purity and screened for pathogens like mold, yeast, staph, and salmonella.
5. **The batches of our ingredients are tested** using FTIR spectrometers and compared to a purity index.
6. **Our products are manufactured in a facility that is GMP (Good Manufacturing Practices) certified.**



7. **Batches of our product undergo rigorous disintegration tests** in conformance with USP guidelines to ensure proper breakdown in the stomach and absorption in the intestines.



8. **Our manufacturing process has multiple checks in place,** and our batches are signed off by a quality control officer to ensure accuracy, purity, and potency.

9. **Our bottles are safety sealed for lasting freshness and potency.** And each bottle is marked with a manufactured date and/or an expiration date.

For you, that means the best quality possible. In fact, we guarantee it. If you are ever dissatisfied with one of our products for any reason whatsoever, simply return the empty bottle(s) within 90 days and we’ll refund every penny you paid, including shipping and handling. You only pay return shipping.



You'll have more energy and alertness to power through your day. Without the jitters or stomach upset you can get from too much caffeine. Without the extra sugar of energy drinks. And without the extra calories you get from grabbing a sweet or carb-laden snack!

In short, you get a clean, natural boost of energy and alertness—because you're generating more energy right at the cellular level.

In fact, if you're already "wired up" or anxious, **Advanced Adaptogen Complex** can actually calm you down. So you feel more alert and attentive but relaxed at the same time. And you'll find yourself sleeping better than you have in years!

Try **Advanced Adaptogen Complex** today at the lowest price!

Now you can get all 10 of these ingredients in one formula that costs just pennies a day. That's why I'd like to invite you to try this new formula today at a special introductory savings. So you can begin to experience this natural energy boost and mental lift yourself.

A one-month supply of **Advanced Adaptogen Complex** is just \$49.95, plus \$6.95 shipping and handling.

But I have an even better value for you. If you don't want to keep re-ordering, you can stock up and...

Buy 3 and Get 1 FREE!

Try a 3-month supply of **Advanced Adaptogen Complex** for just \$134.85, plus shipping and handling. You'll receive a fourth bottle absolutely FREE. That's a \$64.95 savings off the regular price.

But if you're really serious about boosting your energy, sharpening your mind, and enjoying more restful, restorative sleep...

...AND saving the most money you can, then you should...



Buy 6 Bottles and Get TWO More FREE

This is by far the best value...

Ask for a 6-month supply of **Advanced Adaptogen Complex** for just \$249.00, plus shipping and handling. And you'll receive TWO additional bottles absolutely FREE.

That's a whopping \$150.60 savings off the regular price!

Order within 7 days and get FREE shipping



Advanced Adaptogen Complex isn't available in stores. It's only available directly from Advanced Bionutritionals, and shipped through the mail.

Normally, you'd have to pay \$6.95 or more for shipping and handling. (I'm told this barely covers the cost of packaging your bottles for safe, fresh, secure delivery, especially for the larger orders.)

But I've arranged for you to receive FREE shipping and handling when you request your **Advanced Adaptogen Complex** within the next 7 days. That's right, you won't pay a single penny.

Why have I done this? Because I want to get this amazing formula into your hands as soon as possible. So you can start enjoying the incredible energy boost and mental sharpness that so many other people have discovered.

Consider it a "friendly nudge" to get you to take action now. Remember, you can only get free shipping if you order **Advanced Adaptogen Complex** in the next 7 days. So why not do it right now, while it's in your

(Continued on next page...)

hands? After all, you'll fully protected by our...

90-Day, No-Questions-Asked MONEY-BACK GUARANTEE

Friends, bottles of *Advanced Adaptogen Complex* are flying off the shelves. If you want a chance to try it, you'd better place your order soon. In fact, I'd suggest you order at

least 3 bottles—good for 3 months—to avoid disappointment. And also because...

...the longer you take *Advanced Adaptogen Complex*, the better it works. The formula helps regulate your energy and mood without the risk of stimulants. It builds a solid foundation for all-day energy and alertness.

I'm so confident that *Advanced Adaptogen*

Dr. Zand answers your questions about *Advanced Adaptogen Complex*



Q. What are adaptogens?

Herbalists use the term “adaptogen” to refer to natural herbs that increase the body's resistance to stress, trauma, anxiety and fatigue.

Adaptogens have the unique ability to power up your energy if you are feeling fatigued. Or calm you down if you're feeling anxious or jittery. In other words, they “adapt” to your body's unique needs.

Q. Are adaptogens safe?

Yes. Adaptogens have been tested many times by International Olympic Committee labs for elite athletes and found to be safe and well tolerated. As always, check with your doctor before taking any medications or supplements.

Q. Why is *Advanced Adaptogen Complex* in liquid form instead of capsules?

Other companies sell adaptogens as dry herbs in capsules. But *Advanced Adaptogen Complex* uses a unique, patented co-extraction process to get the full power of these herbs. First, we blend all the herbs together in a secret, proprietary process. Then, and only then, do we use water and alcohol to extract the powerful plant compounds inside the adaptogens. This painstaking process can take up to six weeks to complete. And it produces a liquid

adaptogen formula that is *5.5 times stronger than dried herbs*.

Q. How long before I feel the results?

Research shows you can feel the difference from this powerful formula *in just days*. And the more stressed-out you are, the sooner you'll feel the difference.

Q. How do I know this stuff really works?

Advanced Adaptogen Complex contains 10 of the most potent energy-boosting adaptogens known to scientists. These adaptogens have been used by astronauts, Olympic champions, and chess masters to boost their energy and help them perform at their peak. And the energy-boosting power of these adaptogens has been confirmed by dozens of scientific studies.

But the best way to see how it works is to try it. You are protected by your 90-day, “down-to-the-last-drop” guarantee. Which means if you are not satisfied for any reason, you can return the empty bottle for a full refund.

Q. Where can I get *Advanced Adaptogen Complex*?

To get your supply at a special introductory rate, return the certificate on page 15. Or call us toll-free **1-800-791-3395** (24 hours a day, 7 days a week) or order online: AdaptogensForEnergy.com.

Complex will give you more energy, greater stamina, and mental sharpness...

...that I've arranged for you to try it now and save a bundle. And get FREE Shipping as well. So go ahead. You be the judge. You can try it absolutely RISK FREE for 90 days and see for yourself.

Either way, you are protected by our 100% money-back guarantee. If you are not completely satisfied—thrilled!—send back the bottles within 90 days of your purchase. Even if they are empty. We'll cheerfully refund every penny you paid—including shipping & handling. You only pay return shipping.

Feel the Difference or It's FREE

It's a rare thing when you try a natural health product and actually feel a difference. That's why I'm so excited to tell you about **Advanced Adaptogen Complex**.

Research shows you can feel the difference from this powerful formula in just days. You may even feel the difference the same day, like I did. And the more stressed-out you are, the faster you'll feel the results.

My friends, colleagues, and patients have all reported feeling better. And I believe you will, too.

Imagine what it would be like to not feel so tired all the time. Especially late in the day when you usually go through that energy crunch. Instead, you'll feel wide awake and ready to keep reading, socializing with your friends, or enjoying the back nine on the golf course.

Imagine getting a real boost in your mental energy and alertness. Without the jitters of caffeine. And without the extra calories from snacks.

Imagine feeling all this energy while still feeling relaxed and refreshed. Like you've just meditated or taken a power nap!

Extra bonus gift when you order within 7 days!

Get **FREE** shipping—and save an extra \$6.95



Don't miss this chance to save even more. Respond in the next 7 days and you won't pay a cent for shipping. We'll cover the cost of packing and shipping your supplements directly to your door. No matter how many bottles of **Advanced Adaptogen Complex** you order.

That's the feeling you get from **Advanced Adaptogen Complex**. Remember, your satisfaction is 100% guaranteed. Why not order now and see for yourself?

I think my friend Lou said it best when he told me, "This stuff is amazing! I'm stocking up!"

Yours for more energy and vitality,

Dr. Janet Zand OMD, L.Ac

P.S. Call **1-800-791-3395** or visit **AdaptogensForEnergy.com** right now to take advantage of the remarkable energy-boosting power of **Advanced Adaptogen Complex**. In just days, you'll feel new-found energy and stamina coursing through your body. And a wonderful sense of alertness and mental clarity without feeling jittery.

P.P.S. Remember...

you are completely protected by our **100% Money-Back Guarantee**. You must feel a difference after taking **Advanced Adaptogen Complex** for a month or longer. Or simply return the bottle—even if it's empty—within 90 days for a no-hassle refund. That's about as risk-free as it gets!



Advanced Adaptogen Complex SUPPLEMENT FACTS		
Serving size 2 ml Servings per container 30		
Amount Per Serving	% Daily Value	
Calories	10	
Total Carbohydrates	2 g	<1%
Herbal Adaptogen Extract Blend:	2.5 g	**
Eleuthero (<i>Eleutherococcus senticosus</i>) root, Cramp Bark (<i>Viburnum opulus</i>) fruit, <i>Crataegus oxycantha</i> fruit, <i>Sorbus aucuparia</i> fruit, <i>Rhaponticum carthamoides</i> root & rhizome, <i>Rhodiola rosea</i> root & flower, <i>Schisandra chinensis</i> seed, <i>Aralia elata</i> root, Chinese licorice (<i>Glycyrrhiza uralensis</i>) root & rhizome, <i>Inonotus obliquus</i> mushroom body.		
* Percent Daily Values based on a 2,000 calorie diet ** Daily Value not established.		
Other Ingredients: Vegetable glycerin		

Try *Advanced Adaptogen Complex* today and get up to 2 bottles FREE!

BEST VALUE:

The 6-Month Ultimate Value Pack

Buy 6 bottles and get **TWO more FREE**

That's a total savings of \$150.60



GREAT VALUE:

Buy 3 bottles and get 1 FREE

That's a total savings of \$64.95



BONUS:
Order within 7 days and get **FREE SHIPPING** on any order.

That saves you an additional \$6.95.



Remember, You Are Completely Covered by Our 90-Day "Down to the Last Drop" MONEY-BACK GUARANTEE

Try *Advanced Adaptogen Complex* and if you are not 100% delighted with it for any reason, simply return the bottle(s) within 90 days and we'll refund every penny you paid, including shipping and handling. Even if you are down to the last drop!

But I'll bet that within a week or so, you'll start to notice some subtle changes. First, you may notice your mind is sharper and more clear. And that you can go longer at work or reading a book or working on a project, without getting tired. Pretty soon, you may notice that you've forgotten all about those mid-afternoon energy slumps and can power through your entire day!

Why not find out for yourself? There's no better way to try this long sought-after Russian energy tonic. You have absolutely nothing to lose — and a whole new energized life to gain!

Dr. Janet Zand OMD, L.Ac

Trial Offer:

The One-Month Starter Pack Just \$49.95



Three Easy Ways to Order!

- 1. ONLINE for FASTEST SERVICE:** Visit AdaptogensForEnergy.com to place your order using our secure website.
- 2. PHONE for FAST SERVICE:** Call Toll-Free 24 hours a day, 7 days a week **1-800-791-3395**.
- 3. MAIL:** Complete the Introductory Savings Certificate and mail to: *Advanced Bionutritionals*, PO Box 8051, Norcross, GA 30091-8051.

Detach and mail in attached postage-paid envelope.

Advanced Adaptogen Complex

INTRODUCTORY SAVINGS CERTIFICATE

Save up to \$150.60 and get FREE SHIPPING when you order in 7 days!



YES, Dr. Zand, I want more energy than I know what to do with. Along with the mental sharpness and endurance to power through my day. Please rush me a supply of **Advanced Adaptogen Complex**—the secret Russian formula with 10 of the most potent energy-boosting adaptogens known to scientists. I understand that if I am not 100% satisfied for any reason, I can get a full refund under your “Down-To-The-Last Drop” Guarantee.

Please send me the following (choose the savings you prefer):

RECOMMENDED

BEST VALUE: Buy 6, get 2 FREE! Send me six bottles of **Advanced Adaptogen Complex** plus two additional bottles FREE. That's 8 bottles for just \$249.00—plus \$6.95 shipping and handling. That's a total savings of \$150.60 off the regular price. (And I can get FREE shipping when I order in the next 7 days!)

GREAT VALUE: Buy 3, get 1 FREE! Send me 3 bottles of **Advanced Adaptogen Complex** plus an additional one-month supply FREE. I get all this for just \$134.85—plus \$6.95 shipping and handling. That's a savings of \$64.95. (And I can get FREE shipping when I order in the next 7 days!)

TRIAL OFFER: The One-Month Starter Pack. Send me a one-month supply of **Advanced Adaptogen Complex** for just \$49.95 plus \$6.95 shipping & handling. (And I can still get FREE shipping when I order in the next 7 days!)

FREE SHIPPING AND HANDLING: Because I'm ordering within 7 days, I don't have to pay a cent to have my **Advanced Adaptogen Complex** shipped directly to my door.

My preferred payment method (check one):

Check enclosed for U.S. \$ _____ (Make payable to *Advanced Bionutritionals*. GA residents add 7% sales tax.)

Please charge my:    

Card #: _____ Exp. ____/____ Amount: \$ _____

Signature: _____ Telephone: (____) _____
(in case we have a question about your order)

Email address: _____

(So that we can send you order and shipping confirmations. You will also receive free email updates on the latest health research, discoveries, warnings, and product announcements. You may unsubscribe at any time, and your email address will never be shared.)

IMPORTANT! Please check the back cover to see if your name and address are correct.
If not, please correct this information in the adjacent space.

For Fastest Service, Order Online: AdaptogensForEnergy.com
Or Call TOLL-FREE 1-800-791-3395

Or complete this Savings Certificate and mail in the envelope provided to:
Advanced Bionutritionals, P.O. Box 8051, Norcross, GA 30091-8051

▼ Detach and mail in attached postage-paid envelope. ▼

Advanced Bionutritionals

P.O. Box 8051

Norcross, GA 30091-8051



PRSRT STD
US POSTAGE
PAID
Aberdeen SD
Permit No 47

Your Summer 2019 Issue Enclosed