

Summer 2014
\$7.95

Natural Health BREAKTHROUGHS



URGENT ALERT: If you or someone you know currently use prescription medications to control diabetes, the information inside could literally save your life...

Blood Money

Every year, the United States spends \$245 billion on diabetes.



1 in 10 health care dollars is spent treating diabetes and its many complications.



1 in 5 health care dollars is spent caring for people with diabetes.



And today, 13.5 million Americans will use prescription drugs for diabetes known to have dangerous, even deadly side effects...



...Despite safe and natural alternatives already proven to be effective!



INSIDE: Is your diabetes medication giving you high blood pressure... heart disease... liver failure... pancreatic cancer... or worse?

PLUS: Six natural breakthroughs for managing blood sugar!

Is Your Blood Sugar Treatment Truly Safe?

For years we've been told diabetes medications are safe. Yet study after study shows these drugs can be dangerous — even deadly.

If you or someone you know has diabetes or is concerned about blood sugar, please read this special issue today!



INSIDE:

America's Epidemic:

Nearly 1 in 3 Americans has diabetes or prediabetes — and the problem is only getting worse.....page 4

Dangerous Drugs:

Studies find many blood sugar medications can be deadly... page 6



Nature Knows Best:

Six safe alternatives proven to help maintain glucose levels.....page 11



Who Would Have Thought:

One of the key ingredients in Mom's Apple Pie Can Help Control Blood Sugar.page 16

IMPORTANT: If you are currently on a blood sugar regimen, please continue to follow your doctor's instructions. But I urge you to share this report with your doctor — and to consider the SAFE, NATURAL and PROVEN ways to help maintain healthy blood sugar levels on page 11.

“For every disease, nature has provided a safe and effective treatment...”

Dear Friend,

For decades, the medical and pharmaceutical industries have told us surgery and drugs are the only ways to treat illnesses.

Case in point: 18.8 million Americans have been diagnosed with diabetes. And 3.5 million — 72% — use prescription drugs to control their blood sugar levels.

However, many treatments pushed by doctors and drug companies are as dangerous — ***or more dangerous*** — than the conditions for which they're prescribed!

On the following pages you'll find numerous studies from **Johns Hopkins**, the **National Institutes of Health** and other prestigious organizations linking diabetes drugs to strokes... heart failure... liver failure... pancreatitis... even cancer.

As well as how science continues to prove the value of natural treatments and herbal remedies.

For every disease, nature has provided us with a safe and effective treatment. Some we haven't found yet. Others have been used for thousands of years.

And in this special issue I reveal **six natural wonders** proven to safely help manage glucose levels... in some cases better than prescription drugs!

Plus, an easy and affordable way to try our new breakthrough blood-sugar supplement **Mulberine** totally RISK-FREE. See page 23 for ordering details.

To your health and happiness,

Duncan McDonald

Duncan McDonald, President

“Nearly 26 million Americans have diabetes. Another 79 million have pre-diabetes...”

According to the American Diabetes Association, nearly 26 million Americans have diabetes.

And 7 million of them aren't even aware they have the life-threatening condition.

What's more, some 79 million have “prediabetes” — where blood sugar levels are high, but not high enough to be called diabetes.

At least, not yet.

For seniors, the statistics are even more disturbing.

More than 1 in 4 seniors age 65 and older — 26.9% — are diabetic. And half are prediabetic.

This means nearly 8 in 10 (76.9%) of seniors age 65+ need to carefully monitor and maintain blood sugar levels.

“People diagnosed with diabetes pay 2.3 times more in health care costs.”

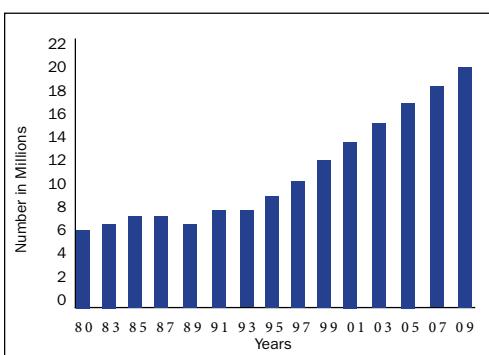
— American Diabetes Association

The numbers are only getting worse...

The Center for Disease Control (CDC) reports that in 1980, 5.6

million Americans were diagnosed with diabetes.

But by 2011 that number had more than tripled to 20.9 million.



From 1980 to 2011, the number of Americans diagnosed with diabetes rose 273%, from 5.6 to 20.9 million.

At this rate, experts predict as many as 1 in 3 Americans will have diabetes by the year 2050.

**Make no mistake:
Diabetes kills.**

Every year, diabetes claims more lives in the U.S. than AIDS and breast cancer combined.

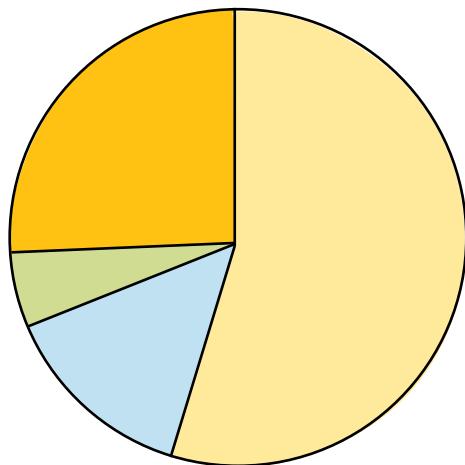
Each year it's the primary cause of death for 71,382 people. That's 195 per day.

And diabetes is a contributing factor in another 231,404 deaths each year, or 633 per day.

Complications from diabetes can include...

- ▶ **Heart Disease**
- ▶ **Stroke**
- ▶ **Blindness**
- ▶ **Kidney Disease**
- ▶ **Hearing Loss**
- ▶ **Neuropathy**
- ▶ **Amputations**
- ▶ **...and more**

Of course, treatments for diabetes do exist. And the most common is oral medication...



Diabetes Treatments for Adults in the United States

12%	Insulin Only
14%	Insulin + Oral Medication
58%	Oral Medication Only
16%	Neither Insulin Nor Oral Medication

Source: American Diabetes Association

72% of Americans diagnosed with diabetes use oral meds to control their blood sugar...

According to the **American Diabetes Association**, nearly 3 in 4 Americans diagnosed with diabetes control it with oral medications.

That's over 13.5 million people.

Blood sugar problems? **DON'T DESPAIR!**

Now you can safely and naturally manage your blood sugar without the dangerous side effects common to prescription diabetes drugs. Because **Mulberine** is bursting with SIX of Mother Nature's most effective blood sugar breakthroughs.



See page 23 for details!

And while each trusts his or her doctor to recommend the best and safest treatment...

These drugs can be every bit as dangerous as diabetes itself.

Doctors routinely prescribe them to unsuspecting patients. And that's an outrage.

Although western medicine doesn't want to admit it, nature has already provided us with safe and effective alternatives!

The Diabetes Drug Regimen: First, Do Much **No Harm!**

Ever since Synthalin was introduced in 1926, doctors and drug companies have been quick to praise anti-diabetic drugs as fast as they come on the market.

However, they aren't nearly so eager to discuss the risks associated with these "miracle medicines."

These drugs often pose serious, even life-threatening risks. Yet many patients never find out.

At least, not until it's too late.



"Linked to a 43% increased risk of heart attack, Avandia was banned in India, New Zealand and the European Union. But the FDA refuses to pull it from the U.S. market."

Some, like Synthalin, were eventually exposed and pulled from the market...But others continue to be prescribed to this very day.

The "miracle cure" that increased heart attacks by 43%

If you have diabetes, you've probably have heard of — or even taken — the drug Avandia, also known as rosiglitazone.

Introduced in 1999, by 2006, Avandia averaged \$3 billion in sales per year.

However, in 2007 *The New England Journal of Medicine* published evidence linking the drug to a 43% increased risk of heart attack.

Needless to say, this caused quite the uproar.

Sales plummeted overnight. By 2010, Avandia's manufacturer faced thousands of lawsuits and billions of dollars in liability.

Within a year Avandia was banned in the European Union, India, New Zealand and other countries.

Diabetes is BIG Business...

For virtually every medical condition on earth, a cure already exists somewhere in nature. And in many cases — as with diabetes — humans have known of them for hundreds, even thousands of years.

But if safe, effective natural cures exist, why don't doctors tell their patients about them? Because diabetes is BIG business.

- Each year the U.S. spends \$245 billion on diabetes alone — and that's just the diagnosed cases.
- People with diagnosed diabetes pay 2.3 times more in health care costs.
- Roughly 1 in 10 health care dollars is spent treating

diabetes and its complications.

- And 1 in 5 health care dollars goes to care for people diagnosed with diabetes.

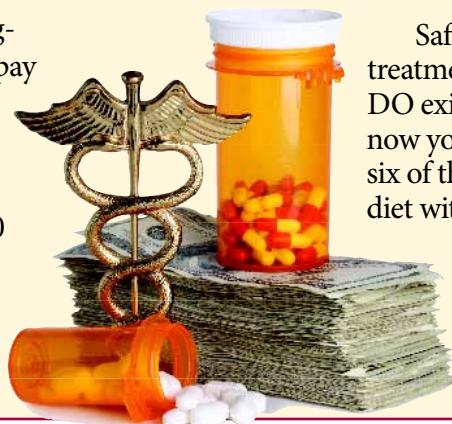
That's big money for everyone involved... from doctors and nurses to companies making and selling test strips, meters, and other supplies.

And, of course, prescription drugs to control blood sugar.

Fortunately, there IS an alternative.

Safe and effective treatments for diabetes DO exist in nature. And now you can easily add six of the best to your diet with **Mulberine**.

See page 23 for details!



In the U.S., the FDA chose to limit its use rather than pull it from the market.

But it removed the restrictions in November 2013 and again gave Avandia its stamp of approval.

Which goes to prove...

Don't trust the FDA to keep you safe.

Ever notice how much fanfare new drugs receive when they first come on the market?

Time and again, they're praised as miracle cures... only to later be linked to serious side effects.

I won't say the FDA is paid off by big pharma drug companies...

But instead of doing its job and protecting us, it often approves new drugs far too quickly.

And with armies of company representatives selling doctors on prescribing the drugs to as many patients as possible...

They go from brand new to commonplace virtually overnight.

By the time we learn of any side effects, it's often too late.

“The story is familiar. A new class of antidiabetic agents is rushed to market and widely promoted in the absence of any evidence of long-term beneficial outcomes. Evidence of harm accumulates, but is vigorously discounted.”

— British Journal of Medicine

Double the Risk of Pancreatitis!



“These agents are used by millions of Americans with diabetes... However, important safety findings may not have been fully explored and some side effects such as acute pancreatitis don't appear until widespread use after approval.”

— Sonal Singh, M.D., M.P.H.,
John Hopkins University School of
Medicine

Incretin Therapies: From Wonder Drugs to Pancreatic Killers

Another class of diabetes drugs first praised, then proven dangerous is incretin therapies.

These include GLP-1 agonists and DPP-4 inhibitors. And they work by switching on insulin or suppressing glucagon.

They were initially called “the biggest breakthrough since the discovery of insulin.”

But now incretins have been linked to pancreatitis and pancreatic cancer.

Researchers at John Hopkins University School of Medicine found GLP-1 drugs like Januvia (sitagliptin) and Byetta (exenatide) **double your risk** of being hospitalized with acute pancreatitis.

In addition to pancreatitis and pancreatic cancer, the researchers found incretins also contribute to lesions on the pancreas, increasing

Multiple Drugs = Multiple Risks



Some people aren't able to manage their condition with one medication. So their doctors prescribe a more aggressive "combination therapy" where the patient takes two or more drugs.

This may help control their diabetes, but it also increases the risk of potential side effects — especially hypoglycemia (low blood sugar).

both frequency and severity.

And big surprise: The FDA was well aware of the connection.

The FDA received reports of pancreatitis as a side effect when GLP-1 treatments were still in the animal studies phase.

But it approved them anyway. And issued a warning only after GLP-1 and DPP-4 patients began reporting pancreatitis.

Even then, vendors and manufacturers refused to admit any connection. And the drugs remain on the market today.

Now it appears incretins may pose even greater risks than previously suspected.

In September 2013, the **European Society of Cardiology** Congress confirmed DPP-4 drugs may also increase risk of heart attack and heart disease!

These are just a few of the risks posed by diabetes drugs...

Virtually every antidiabetic drug has risks. Some are serious. And some are life-threatening.

Here's a breakdown of the various classes of diabetes drugs and their known side effects:

► **Sulfonylureas** block ATP sensitive potassium channels in the pancreas, causing it to produce more insulin.

Generic and Brand Names:

- acetohexamide (Dymelor)
- chlorpropamide (Diabinese)
- glimepiride (Amaryl)
- glipizide (GlipiZIDE XL; Glucotrol)
- glyburide, glibenclamide (DiaBeta, Glycron, Glynase, Micronase)
- tolazamide (Tolinase)
- tolbutamide (Orinase, Tol-Tab)

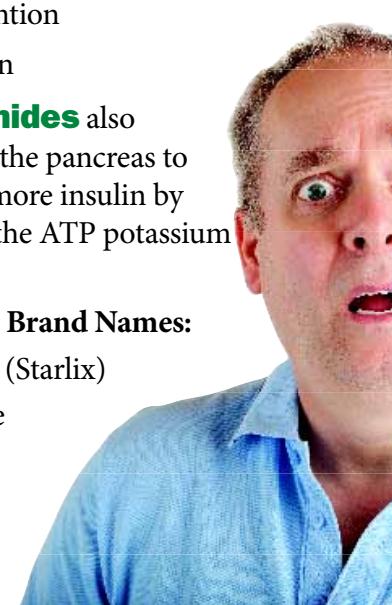
Possible side effects:

- Gastrointestinal problems
- Headache or dizziness
- Hypoglycemia
- Skin rash or itching
- Sensitivity to sunlight
- Water retention
- Weight gain

► **Meglitinides** also stimulate the pancreas to produce more insulin by blocking the ATP potassium channels.

Generic and Brand Names:

- nateglinide (Starlix)
- repaglinide (Prandin)



Possible side effects:

- Gastrointestinal problems
- Respiratory problems,
- Heart problems
- Headache or dizziness
- Hypoglycemia
- Joint, chest or back pain
- Urinary tract infection
- Weight gain

► **Biguanides or non-sulfonylureas**

make your muscles absorb more sugar and your liver produce less, reducing your need for insulin.

Generic and Brand Names:

- metformin (Glucophage)
- long-acting metformin (Glucophage XR, Glumetza, Fortamet)
- liquid metformin (Riomet)
- Phenformin (Bidiabe, Chlorformin, Daopar, D.B.I., Fenclor, Glinorboral, Informin, Metrol-50)*
- Buformin (Adebit, Biforon, Biguan, Diabrin, Glybigid, Silubin)*

* *Most countries have withdrawn buformin and phenformin from the market due to high risk of lactic acidosis — a potentially deadly condition where lactic acid builds up in the bloodstream.*

Possible side effects:

- Metallic taste
- Gastrointestinal problems
- Lactic acidosis
- Vitamin absorption problems

► **Alpha-glucosidase**

inhibitors slow down the rate glucose enters the bloodstream by delaying digestion of complex carbohydrates (starches).

Declared safe... then pulled from the market!

The **Food and Drug Administration** (FDA) was established to protect consumers. Yet many of the drugs it declares safe turn out to pose significant, even deadly risks. Including:

- ▶ **Synthalin** — withdrawn due to toxicity
- ▶ **Buformin** — recalled due to high risk of fatal lactic acidosis
- ▶ **Phenformin** — recalled due to high risk of fatal lactic acidosis
- ▶ **Troglitazone** (Rezulin) — withdrawn due to risk of liver damage and fulminant hepatic failure
- ▶ **Rosiglitazone** (Avandia) — banned in India, New Zealand and the European Union in 2010–2011 due to a 43% increased risk of heart attack.

Generic and Brand Names:

- acarbose (Precose, Glucobay)
- miglitol (Glyset, Diastabol)
- voglibose (Basen, PPG)

Possible side effects:

- Gastrointestinal problems,
- Hypoglycemia (if used with other diabetes drugs)
- Iron absorption problems

► **Incretin Therapies**

(GLP-1, DPP-4) are divided into two main categories:

Incretin mimetics like glucagon-like peptide 1 (GLP-1) agonists act like the hormone incretin, which does three things to lower blood sugar:

First, it tells your pancreas to

release insulin. It also helps reduce the amount of sugar your liver releases into the bloodstream. And it causes your stomach to empty more slowly.

Selective Dipeptidyl Peptidase-4 (DPP-4) Inhibitors prevent the enzyme DPP-4 from removing incretin from the body. This triggers the release of insulin, lowering your blood sugar.

Generic and Brand Names:

GLP-1 Argonists:

- exenatide (Byetta, Bydureon)
- liraglutide (Victoza)

DPP-4 Inhibitors:

- alogliptin (Nesina)
- linagliptin (Tradjenta)
- saxagliptin (Onglyza)
- sitagliptin (Januvia)

Possible side effects:

- Pancreatitis, Pancreatic cancer
- Gastrointestinal problems, including abdominal pain, heartburn, indigestion, nausea, vomiting and diarrhea
- Headache
- Cough, runny nose or sore throat
- Lactic acidosis
- Loss of appetite
- Renal failure
- Bone fractures
- Peripheral edema
- Serious allergic reactions
- Infections, including upper respiratory and urinary tracts

► Thiazolidinediones

(Glitazones), or peroxisome proliferator-activated receptor (PPAR) agonists, are typically prescribed only when other treatments fail.

These drugs lower insulin resistance in muscle and fat. They also reduce the amount of glucose produced in the liver.

Generic and Brand Names:

- rosiglitazone (Avandia) *
- pioglitazone (Actos)
- troglitazone (Rezulin) **

* Avandia has been withdrawn in India, New Zealand and the European Union.

** Rezulin was voluntarily withdrawn after being linked to liver damage

Possible side effects:

- Thiazolidinediones are among the most commonly prescribed diabetes drugs. They're also linked to:
- Bladder cancer
 - Bone fractures
 - Heart failure
 - Hepatitis
 - Liver failure
 - Lower respiratory tract infection
 - Muscle pain
 - Pneumonia
 - Runny or stuffy nose
 - Sore throat
 - Weight gain
 - Water retention, peripheral and/or macular edema

**Managing your blood sugar
shouldn't mean risking your life...
Try Mulberine Risk-Free today!
See page 23 for details!**



Introducing Mulberine: Bursting with SIX of Nature's Best Blood- Sugar Breakthroughs!

We're often told the only way to manage blood sugar — other than diet and exercise — is by taking dangerous and costly prescription drugs.

But to be frank, anyone who tells you that is full of crap!

Nature is abundant with treatments for virtually every medical condition on earth — including diabetes. And on the following pages, I'll show you six of the best.

These natural wonders have proven safe and effective time and again. Some have even been used to control blood sugar for thousands of years.

And our new *Mulberine* supplement lets you easily add each to your diet for as little as 66 cents a day.

I'll give you all the details in a moment. But first, let's take a close look at each natural blood sugar breakthrough *Mulberine* contains...

Managing your blood sugar doesn't have to put your life at risk...

Doctors and drug companies want you to believe prescription drugs are a safe way to manage your blood sugar.

But we both know that sometimes the best remedies come from Mother Nature!

I've just shown how dangerous these medications can be.

Now I'm going to show you six natural blood sugar breakthroughs.

And these aren't just safe. In some cases, they've been clinically proven to be more effective!

Natural Breakthrough #1: White Mulberry

The first natural wonder we'll cover is one of the today's hottest supplements: White Mulberry.

Recommended
by a well-known
TV doctor!

Why so sought after?

Because a certain highly-respected doctor couldn't stop raving about it on his afternoon television show!

I can't mention his name as our companies aren't affiliated. But I can tell you why he and I are so excited about white mulberry — and why YOU should be, too...

First, White Mulberry helps your body produce insulin...

White mulberry is a cornucopia of amino acids, antioxidants, fiber, proteins, and vitamins.

Used medicinally for over 1,354 years!

White mulberry is an official drug of the British Herbal Pharmacopoeia, with medicinal benefits documented as early as 659 A.D.



And that's not all.

It also gives you beneficial compounds like fagomine, which helps regulate your blood sugar.

You see, fagomine sends a signal to your pancreas telling it to release insulin. Which, in turn, lowers your glucose level.

That means it can be extremely

“Better tolerated than acarbose or miglitol...”

According to clinical trials by doctors from the University of Minnesota Dept. of Medicine and the Minneapolis VA Medical Research Center, mulberry leaf extract...

- Reduces absorption of sugar and other carbohydrates.
- Reduced post-meal blood sugar levels (spikes) by 44%.
- Helped control blood sugar drops, greatly reducing high-to-low fluctuations.
- May be better tolerated in some individuals than acarbose (Precose, Glucobay) or miglitol (Glyset).



Source: Diabetes Care

beneficial to anyone with blood sugar problems.

It also gives you “DNJ” — which helps block sugars before they enter your bloodstream.

Scientists have also found white mulberry contains moranoline — also known as 1-deoxynojirimycin or DNJ.

And that's BIG news. Because DNJ is well known for its anti-diabetic properties.

Many diabetes drugs are derived from or similar to DNJ in structure. Including miglitol (Diastabol), Acarbose (Glucobay) and Voglibose (Basin).

So how does it work?

In a nutshell, DNJ inhibits alpha-glucosidase — an enzyme your body needs to break down complex carbohydrates, starches, maltose and sucrose.

Your body normally turns these into glucose. And DNJ slows down the process.

This helps in two ways:

First, it causes your blood sugar to rise more slowly. Second, it helps you eliminate more sugar before it enters your bloodstream.

White Mulberry even helps your cholesterol levels!

Best of all, white mulberry isn't just good for your blood sugar.

It also has antibacterial and antiviral properties. And powerful antioxidants to seek out and destroy dangerous free radicals.

Plus, it may even help fight cardiovascular disease.

Clinical studies prove white mulberry leaf extract lowers total cholesterol, triglycerides and LDL (bad) cholesterol levels — and raises HDL (good) cholesterol.

What's more, experts believe

white mulberry may strengthen the immune system.

And studies show it may also help a wide range of other conditions. Including:

- anxiety • gout
- inflammation • obesity
- stress • skin tone
- Parkinson's disease.

Natural Breakthrough #2 **Berberine**

Berberine is an alkaloid found in the roots, rhizomes and stem of goldenseal, coptis (goldenthread), Oregon grape, tree tumeric, and several other plants.



This staple of Chinese and Ayurvedic medicine has been used for thousands of years.

And while western medicine ignored it until 1988, science shows it more than lives up to the legends.

Clinically proven to work better than metformin!

In a head-to-head study co-funded by the **National Institutes for Health (NIH)**, Berberine beat metformin hands-down.

It proved every bit as effective as the leading diabetes drug at managing glucose metabolism, blood sugar, and insulin levels.

More effective than glyburide!"

Perhaps most promising of all, white mulberry may not carry the same risk of hypoglycemia posed by many prescription diabetes drugs.

Multiple studies have found dried mulberry leaf powder to have anti-hyperglycemic effects, versus the hypoglycemic effects of common diabetes drugs.

In other words, white mulberry kept blood sugar levels from spiking without forcing them down and risking unsafe crashes.

One study even found mulberry leaves were more effective than the oral hypoglycemic drug glibenclamide.

Known in the U.S. as glyburide, glibenclamide is sold under the brand names DiaBeta, Glycron, Glynase, Glynase PresTab, and Micronase.

Source: National Center for Biotechnology Information (NCBI)

Berberine reduced fasting blood glucose (FBG) levels by 36%. And slashed post-meal levels (PPG) by 44%.

And that's just for starters.

The study found Berberine more than 10 times better at lowering total cholesterol. And over 20 times better at regulating lipid metabolism.

While metformin reduced triglycerides just 2%, Berberine cut them by 21%!

Best of all: Berberine achieved

these results without dangerous side-effects!

“Improved insulin efficiency by 45%!”

Of course, that wasn’t the only study to prove Berberine’s value.

Another study took patients who require insulin and also gave them Berberine. And once again, the results were astounding!

The combination...

- ▶ reduced blood glucose, hemoglobin, and triglyceride levels
- ▶ significantly lowered total and low-density (LDL) cholesterol
- ▶ improved insulin efficiency, lowering resistance by 45%

Scientists conducting the study concluded: “Berberine is a potent hypoglycemic agent... It is safe and the cost of treatment is very low.”

What's more...

Berberine even helps fight cellular issues of the worst kind!

Of course, Berberine doesn't just provide better blood sugar control.

Clinical studies show it also helps lower cholesterol and blood pressure levels... supports cardiovascular, mental and brain health... and may even help you lose weight and fat.

And one study by **Vanderbilt University Medical Center**, found Berberine inhibits unhealthy cell growth—including those of the bladder, bone, brain, breast, cervix, colon, liver, lung, prostate, skin and more.

Plus, it's a natural antimicrobial. Giving you powerful protection from bacteria, viruses, worms, pro-

Easily Manage Your Blood Sugar with All-New Mulberine!



100% RISK-FREE!

Bursting with 6 of mother natures blood sugar miracles!

- 1. 300 mg of White Mulberry**
- 2. 100 mg of Berberine**
- 3. 400 mg of Gymnema sylvestre**
- 4. 1,020 mg of Cinnamon**
- 5. 20 mcg of Chromium**
- 6. 1,000 I.U. of Vitamin D3**

Call 1-800-711-0458 to order today

tozoans and chlamydia.

So Berberine may also help with:

- heart failure • high cholesterol
- glaucoma • eye infection
- malaria • parasitic infection
- diarrhea • low platelet count
- skin disorders • liver disorders
- colon cancer • and more!

Get 100 mg of Berberine with Mulberine today!

Natural Breakthrough #3 Gymnema sylvestre

The next natural treatment everyone with blood sugar issues should know of is Gymnema sylvestre, or Ram's Horn.

Gymnema, too, has an ancient history. Ayurvedic medicine has used it to treat high blood sugar for over 2,000 years.

And it works so well, it's earned the nicknames "miracle plant" and "sugar destroyer."

So how does it work?

In ancient times, just placing Gymnema leaves on the tongue blocked one's ability to taste sweets — an added benefit for those trying to conquer cravings.

And while Gymnema extracts may not have this effect, they still have plenty of punch.

Three ways Gymnema helps blood sugar

Taken internally, this ancient herb helps promote healthy blood sugar levels in three ways:

- 1** It stimulates your pancreas to produce insulin;
- 2** It prevents adrenal hormones from telling your liver to

release glucose; and...

- 3** It slows down absorption of glucose in the small intestine.

This triple-combination can produce some powerful and dramatic results.

In one controlled study, Gymnema extract was given to patients with type 1 diabetes.

By the end of the study...

It cut average blood sugar levels by over 34%. Plus reduced insulin requirements by half!

What's more, glycosylated hemoglobin (HbA1c) tests showed patients using the extract had significantly lower blood sugar levels over 3-month periods.

In another study, patients with type 2 diabetes were given Gymnema extract in addition to oral hypoglycemic drugs.

The results: Gymnema didn't just significantly improve blood sugar control. It worked so well...

Nearly 23% of patients were able to stop using oral drugs... and control their blood sugar with Gymnema extract alone!

Like most of Mother Nature's cures, Gymnema's benefits aren't limited to one health condition. It's

"The Sugar Destroyer!"

Ancient texts speak of "honey urine" — a condition we know today as diabetes. And for more than 2,000 years, Ayurvedic practitioners have treated it with Gymnema sylvestre — a plant so effective it was nicknamed the "miracle plant" and "sugar destroyer."

Add 400 mg of Gymnema sylvestre extract to your diet with new **Mulberine**... see page 23!



also proven to...

- ✓ help lower cholesterol, triglycerides, and other lipids...
- ✓ act as an antimicrobial agent to fight off bacteria and viruses...
- ✓ have cancer-fighting properties...
- ✓ and help prevent sugar-induced cataracts.

Best of all, Gymnema extract has zero significant side effects.

Which means it's SAFER than most — if not all — prescription diabetes drugs on the market!

Natural Breakthrough #4: Cinnamon

Cinnamon isn't just one of the world's most popular spices. It's also a powerful anti-diabetic.

People have used the spice to enhance their foods since at least 2,800 B.C. And for thousands of years, it's also been used for to treat everything from coughs and sore throats to diabetes.

But only in recent years did the medical community decide to scientifically study the benefits of Cinnamon.

And the results show Cinnamon may be better for us than anyone ever suspected!

How Cinnamon may help ward off Alzheimer's...

Clinical studies have repeatedly shown Cinnamon does, indeed, help lower blood sugar levels.



And that's not all. It's also been found to lower cholesterol and blood pressure... and may even help ward off Alzheimer's!

You see, your brain is highly dependent on insulin. And Cinnamon helps your body use insulin more effectively.

So it's not surprising the spice has been shown to ease symptoms of both Alzheimer's disease and memory loss.

Five More Ways Cinnamon Helps Blood Sugar Metabolism

Modern science has identified at least five ways Cinnamon helps your body to maintain healthy blood sugar levels.

- ▶ First, it supercharges your glucose metabolism. One study by the **Department of Agriculture** reported a 20-fold increase — a **1,900% improvement!**
- ▶ Second, Cinnamon has Methylhydroxychalcone (MHCP), a bioactive compound with insulin-like effects. So it may qualify as an insulin substitute.
- ▶ Third, the spice helps prevent blood sugar spikes by causing your stomach to empty more slowly after meals.
- ▶ Fourth, Cinnamon may alter the insulin-signaling activity of fat cells, helping offset diets high in fats or fructose.
- ▶ Fifth, it contains powerful polyphenols, which act as insulin sensitizers and antioxidants — and may lower risk factors of both diabetes and cardiovascular disease.

So Cinnamon may be especially

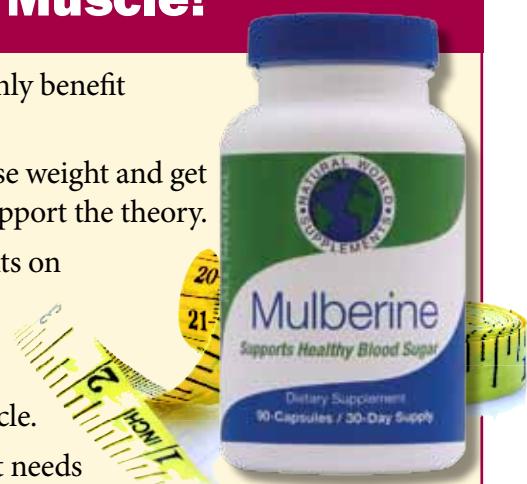
Lose Ten Times the Fat ...and Keep the Muscle!

Improved blood sugar isn't the only benefit Chromium can offer.

Many believe it also helps you lose weight and get in shape. And there is evidence to support the theory.

A study found overweight patients on calorie-restricted diets lost nearly 10X more fat by taking Chromium. While patients NOT taking Chromium lost nearly 6X more muscle.

Give your body the Chromium it needs with **Mulberine** — the first supplement to combine SIX of nature's best blood sugar breakthroughs!



**See page 23
for details...**

helpful to those that are overweight or have problems with fasting blood sugar.

Natural Breakthrough #5 Chromium

According to the **University of Maryland Medical Center**, as many as 9 in 10 Americans don't get enough Chromium in their diets.

What's more, evidence suggests our bodies have trouble retaining the mineral as we grow older.

That's a big concern for anyone with diabetes. Because Chromium helps your body break down insulin and use it efficiently.

Not enough Chromium can lead to "insulin resistance" — where it takes more and more insulin to prevent blood sugar spikes.

"Returned blood sugar levels to normal!"

Taken as a supplement, Chromium is proven to lower blood hemoglobin A1c to normal levels in poorly controlled diabetics.

Study after study found it significantly helped those with blood sugar issues. And did so without dangerous side effects common to diabetes drugs.

For example:

- ✓ One double-blind, placebo-controlled study found patients on Chromium had better long and short-term blood sugar levels.
- ✓ Another study by Cornell University found Chromium significantly improved blood sugar in 65% of participants.
- ✓ In a third study, Chromium didn't just help blood sugar. It also helped patients eat less and lowered carbohydrate cravings.
- ✓ A fourth study focused on over 800 people with high blood sugar. Of those taking Chromium, 90% saw reduced symptoms.

Of course, these are just a few of the studies showing Chromium's effectiveness..

In a systematic review of more than 40 studies, the medical journal Diabetes Care concluded:

"Chromium supplementation significantly improved glycemia among patients with diabetes."

The easiest way to get your daily dose...

Chromium is a trace mineral. It's essential, but our bodies don't require much — just 20 to 35 mcg per day.

And it's easier than ever to ensure your body gets enough.

Because each serving of *Mulberine* gives you a full 20 mcg of Chromium!

Natural Breakthrough #6 Vitamin D3

The sixth and final natural blood sugar breakthrough I want to cover today is Vitamin D3.

Everyone knows Vitamin D is vital for strong bones — especially in children and older adults.

But many don't know it's also required to maintain healthy blood sugar levels.

Taking regular doses of Vitamin D early in life cuts a person's risk of developing type 1 diabetes by up to 80%.

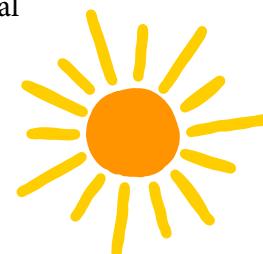
Plus, studies show Vitamin D improves glycemic control and insulin sensitivity — and not just in people with diabetes.

And Vitamin D deficiency — especially in older men — is linked to glucose intolerance, insulinemia, insulin resistance, obesity, and other conditions...

Including a 31% increased risk

Study finds Vitamin D3 reduces risk of death by 31%

At the 42nd annual conference on Cardiovascular Disease and Epidemiology Prevention, doctors reported a surprising discovery: Vitamin D supplements may help defeat heart disease.



In a study originally focused on osteoporosis, researchers tracked almost 10,000 women — 4,200 of whom reported taking Vitamin D.

The results: After more than a decade, those taking Vitamin D had a 31% lower risk of death from heart disease!

of death from heart disease!

How much Vitamin D do you need?

According to the National Institutes of Health (NIH), adults age 70 and younger should get at least 600 IU of Vitamin D daily. Adults ages 71+ need more — at least 800 IU.

However, some experts feel these targets are low and should be raised to 2,000 I.U. per day.

And even the levels suggested by the NIH can be hard to reach.

Our bodies produce some of the Vitamin D we need when our skin is exposed to the sun. But not all.

And your ability to make it is impaired if you wear sun block, spend most of your time indoors, or live in the northern states.

Compounding the problem is the fact very few foods naturally contain Vitamin D.

And while it's added to some foods, like milk and breakfast cereals, it still isn't enough for millions of Americans.

The latest *Dietary Guidelines for Americans* reports only 28% of Americans get enough Vitamin D in their diets.

That means nearly 3 in 4 don't get enough. Of these, 66% have moderate to severe deficiency.

And it's even worse for seniors. At age 65, your risk of deficiency jumps as high as 90%!

Even if you currently take a Vitamin D supplement, you may still be deficient...

Unfortunately, meeting or even exceeding Vitamin D guidelines doesn't guarantee you have enough.

Recent studies reveal 37% of those taking it above recommended levels are still deficient.

So even with supplements and fortified foods, 1 in 2 Americans — 58% — have moderate to severe Vitamin D deficiency.

Make sure YOU get enough Vitamin D with Mulberine!

Each daily dose of *Mulberine* is bursting with a hefty 1,000 I.U. of Vitamin D3.

That's well over the suggested 600 to 800 I.U. per day. So you're virtually guaranteed to get enough.

And it's also well below the safe upper limit of 4,000 I.U. per day. So you don't have to worry about vitamin toxicity.

Only Mulberine gives you these SIX safe and natural blood sugar treatments...

For the first time ever, you can get all six of nature's best blood sugar treatments at once!

Mulberine is the first blood sugar supplement to combine SIX of Mother Nature's best and most effective treatments.

Each daily dose gives you...

✓ 300 mg of White Mulberry

proven more effective than many prescription diabetes drugs!

✓ 100 mg of Berberine —

clinically proven to work better than metformin!

✓ 400 mg of Gymnema sylvestre —

so effective 1 in 5 patients were able to stop taking oral diabetes medication!

✓ 1,020 mg of Cinnamon —

which boosts glucose metabolism 1,900%... plus protects against Alzheimer's and memory loss!

✓ 20 mcg of Chromium —

vital for insulin efficiency... and proven to help cut both cravings and body fat!

✓ 1,000 I.U. of Vitamin D3

—for healthy bones and blood sugar... and to reduce your risk of death by heart disease by up to 31%!

Mulberine doesn't just help to safely manage blood sugar levels.

It also help prevent sugar cravings... combat cardiovascular disease... even fight Alzheimer's disease and memory loss!

And best of all, *Mulberine* won't bust your budget, either.

Try *Mulberine* today and SAVE 50% with our BEST DEAL!

Act now and you can try my all-new *Mulberine* supplement Risk-Free. Plus, **SAVE HALF** off the regular price! Get a 6 month supply for the cost of a 3 month supply for just \$119.95!

A full 6-month supply costs just 66 cents a day — less than a cup of coffee or most daily newspapers!

And it's far less than most diabetes medications. They can cost \$50... \$100... even \$500 per month!

Of course, cost is important. But so are safety and effectiveness. And that's where you find the true value of *Mulberine*.

Safe, natural, and no dangerous side effects!

As I revealed in this report, prescription diabetes drugs come with dangerous side effects.

Including increased risk of heart attack... stroke... liver failure... pancreatitis... edema... seizures... muscle pain...cellular issues...and even death.

But not *Mulberine*.

Mulberine gives you blood-sugar benefits from all-natural ingredients.

Some have literally been used to treat diabetes for thousands of years. And clinical studies have proven all six safe and effective.

In fact, the natural ingredients in *Mulberine* have proven more effective and better tolerated than:

- Glibenclamide (DiaBeta, Glycron, Glynase, Micronase)
- Acarbose (Precose, Glucobay)
- Miglitol (Glyset)
- Metformin (Glucophage)

...and other common diabetes medications!

Of course, if you're currently on a diabetes regimen, consult your doctor before stopping treatment.

But I strongly urge you to share this report with him and discuss whether *Mulberine* is right for you.

I truly believe *Mulberine* is the best blood-sugar supplement available on the market.

But don't take my word for it. Try it today and see for yourself just how amazing it really is.

Reset Your Sleep Cycle for FREE!

50-70 million Americans have trouble every night falling asleep but you do not have to be one of them.

Act right now and I'll include a FREE bottle of our all-natural sleep-aid *Natural Sleep* (a \$29.95 value) with every 3-month and 6-month order of *Mulberine*.

Natural Sleep is an all natural formula that will get you to sleep fast, keep you asleep and you will wake up TOTALLY refreshed and ready to start you day. The best thing is that you will have NO prescription sleep aid "hangover.". ORDER your 3 or 6 month supply of *Mulberine* today to get your FREE bottle of *Natural Sleep*!



**120-Day Guarantee:
You must be absolutely
thrilled with Mulberine**

**...or get MORE than your
money back!**

As president of Natural World Supplements, I stand firmly behind each and every product we make.

And I back them with the best guarantee in the business.

Simply try *Mulberine* today. Then take up to 120 days to decide for yourself how well it works.

If you aren't overjoyed with *Mulberine's* blood-sugar benefits, simply return the empty bottle within 120 days for a prompt, hassle-free FULL refund and I'll also send you back an additional \$10 as my thanks for having tried it.

You also get FREE Shipping & Handling!

Let me be frank. There's no shortage of nutritional supplement manufacturers or vendors.

Some make decent products, but charge high prices. Plus hefty fees for shipping and handling.

Others peddle products that do nothing but cost you money. They, too, typically charge hefty shipping and handling fees.

But my company, Natural World Supplements, is different.

For 28 years, we've made our mark as a leading producer of nutritional supplements.

Products like *Mulberine*.

We've helped thousands of people with high-quality products that work exactly as promised.

And unlike others, we don't



**100%
RISK-FREE!**

charge you an arm and a leg.

You get fair prices... a rock-solid guarantee... even FREE shipping and handling with every order!

The choice is yours...

If you have diabetes, prediabetes, or just need extra help controlling your blood sugar...

Isn't it time you tried all-new *Mulberine* today?

Remember: *Mulberine* gives you six of nature's safest, most effective blood sugar breakthroughs...

It's 100% risk-free, backed by the best guarantee in the business...

And you'll save a FULL 50% (with our BEST deal)-plus you always get FREE shipping and handling with EVERY order!

Stop settling for expensive drugs with dangerous side effects...

**Call Toll-Free 1-800-711-0458
and try new *Mulberine* Risk-Free
today!**

To your health and happiness,

Duncan McDonald, President

PS *Duncan McDonald* Act right now and I'll include a FREE bottle of our all-natural sleep-aid "Natural Sleep" (a \$29.95 value) with every 3-month and 6-month order of *Mulberine*. See page 23!

Easily manage your blood sugar with all-new Mulberine!



**SAVE
50%**

Bursting with not one... not two... but **SIX** of nature's **MOST EFFECTIVE** blood sugar breakthroughs!

Don't settle for prescription diabetes drugs that cost a fortune and come with dangerous, even life-threatening side effects.



Instead, safely maintain healthy glucose levels with all-new Mulberine. Each daily dose gives you...

- ✓ **300 mg of White Mulberry** — the latest natural breakthrough in blood sugar management... and proven more effective than many prescription diabetes drugs!
- ✓ **100 mg of Berberine** — clinically proven to work better than metformin!
- ✓ **400 mg of Gymnema sylvestre** — the "sugar destroyer" that proved so effective 1 in 5 patients were able to stop taking oral diabetes drugs!
- ✓ **1,020 mg of Cinnamon** — which boosts glucose metabolism 1,900%... but also protects against Alzheimer's and memory loss!
- ✓ **20 mcg of Chromium** — essential for insulin efficiency... and proven to help reduce both cravings and body fat!
- ✓ **1,000 I.U. of Vitamin D3** — for healthy bones and blood sugar... and to reduce your risk of death by heart disease by up to 31%!

Try a six-month supply of Mulberine today and **SAVE 50%...
PLUS get **FREE shipping and handling!** (See page 23 for details.)**

My Better-Than-Money-Back Guarantee of Satisfaction

I'm so convinced in the blood-sugar benefits of *Mulberine* I'm giving it the best guarantee in the business. Try *Mulberine* risk-free today and take up to 120 days to decide if it's right for you.



If you aren't absolutely thrilled, simply return the empty bottle within 120 days for a prompt, hassle-free FULL refund and I'll also send you back an additional \$10 as my thanks for having tried it.

Special Savings Certificate

For fastest service, call TOLL-FREE **1-800-711-0458**

YES, I want to enjoy healthy blood sugar levels without all the nasty side effects of those BIG PHARMA remedies. Please send me **Mulberine** in the quantity I checked below. I understand that I'm covered by your famous 100% Satisfaction + \$10 cash guarantee. If I'm not delighted with **Mulberine** for any reason, I can return it within 120 days for a complete refund + \$10 for my trouble-no questions asked.



**BEST DEAL: Item #35130: Just \$119.95.
Lowest price per bottle—Buy 3, get 3 FREE!**

I buy 3 months of **Mulberine** at the regular price of **\$119.95** and get another 3 months FREE!
That's six months for the price of three.



Great Deal: Item # 35129: Just \$79.95. Buy 2, get 1 FREE! I buy 2 months of **Mulberine** at the regular price of \$79.95 and get another 1 month FREE!



Good Value: Item # 35072: Just \$39.95.
I'd like to try it! Send me 1 bottle of **Mulberine** for \$39.95.



**FREE
Bottle
of
Natural Sleep
\$29.95 Value!**

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For decades, you were told artificial sweeteners were safe. That drugs like Actos, Avandia, Byetta, Januvia and Lantus were safe. But the truth is...

They Lied!

For over 40 years, the medical community has known about the dangerous, even deadly side-effects caused by diabetes drugs — many of which are STILL prescribed by doctors today.

Although BIG PHARMA does not want you to know these facts, sometimes the best blood sugar fixes come from Mother...Mother Nature that is!

Diabetes doesn't mean you have to risk your life. Inside, I reveal six safe, natural and proven ways to help you maintain healthy blood sugar levels...

INSIDE:

- ✓ **Deadly Danger** — 7 serious, even life-threatening risks of diabetes drugs
- ✓ **Sunshine Nutrient** — When you are Vitamin D deficient, you put your bones and blood sugar at risk...
- ✓ **Six Blood Sugar Break-throughs** — safe, natural, affordable, and proven to be effective...

...and much, much more!

IMPORTANT: If you are currently on a blood sugar regimen, please continue to follow your doctor's instructions. But I urge you to share this report with your doctor — and to consider these SAFE, NATURAL and PROVEN ways to help maintain healthy blood sugar levels on page 11.

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Blood Sugar Naturally
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