



**LOWER YOUR BLOOD PRESSURE!**

**The life you save may not only be your own.**

**School bus driver, Gloria Barnes,  
found a way to control her high  
blood pressure without drugs and  
HARMFUL SIDE EFFECTS!**

# These kids trust their safety to Gloria. Thank heaven she puts her trust in **NATTO BP PLUS™!**



***High blood pressure dropped to NORMAL in just 3 months!***

Gloria Barnes was worried. As a school bus driver in Bellingham, Washington, she knew the kids counted on her to get them to and from school safely. But when a routine Department of Transportation physical revealed she had high blood pressure, Gloria had to make a tough choice: Give up driving or go on blood pressure meds in order to pass her physical.

Going on blood pressure medication is not something most people want to do. Why? First there's the cost. But even more troublesome are the potential side effects. Sure, prescription drugs do lower blood pressure but they can also cause fatigue ... dizziness ... and headache—side effects that no bus driver with dozens of kids onboard wants to contend with. And then there are other issues like cramps, constipation, insomnia, swollen ankles, and anemia that can be attributed to blood pressure medications.

So Gloria decided to try a natural alternative first—Natto BP Plus™. And she's glad she did. Not only has she been able to keep her job as a school bus driver, but she doesn't have to take blood pressure medication. As Gloria says, "In three months time my blood pressure readings have come down into the normal range. I've been using Natto BP Plus™ for over a year now and my doctor is happy to see that my blood pressure is lowered and so am I. This is a very good product. Thank you".

So if you're suffering from high blood pressure, try Natto BP Plus. It worked for Gloria and it could work for you.

To protect the privacy of IVL customers, not all of the photos used are actual likenesses. However, all testimonials are from IVL customers who wrote to tell us their Natto BP Plus success stories. Results are not the same for everyone. Yours may be even better.



## ***What does the SILENT KILLER look like?***

High blood pressure originates when your blood vessels become constricted by plaque build-up as shown above or when they lose their natural elasticity.

When you're young, your blood vessels easily stretch to accommodate blood pressure as it rises. However, as you age, the springy tissue in your vessels slowly gets replaced with stiffer collagen. The vessels don't expand as well anymore, but the blood keeps rushing through at the same rate. The same volume of blood being forced through smaller vessels is what increases the pressure.

Just like a clogged pipe, constricted blood vessels will eventually blow if the pressure gets too high. The result? Heart attack, stroke, kidney failure, blindness and more. But now there's a way to fight back and WIN! Read the evidence and testimonials throughout this magazine to discover how NATTO BP PLUS™ helps lower your blood pressure naturally.

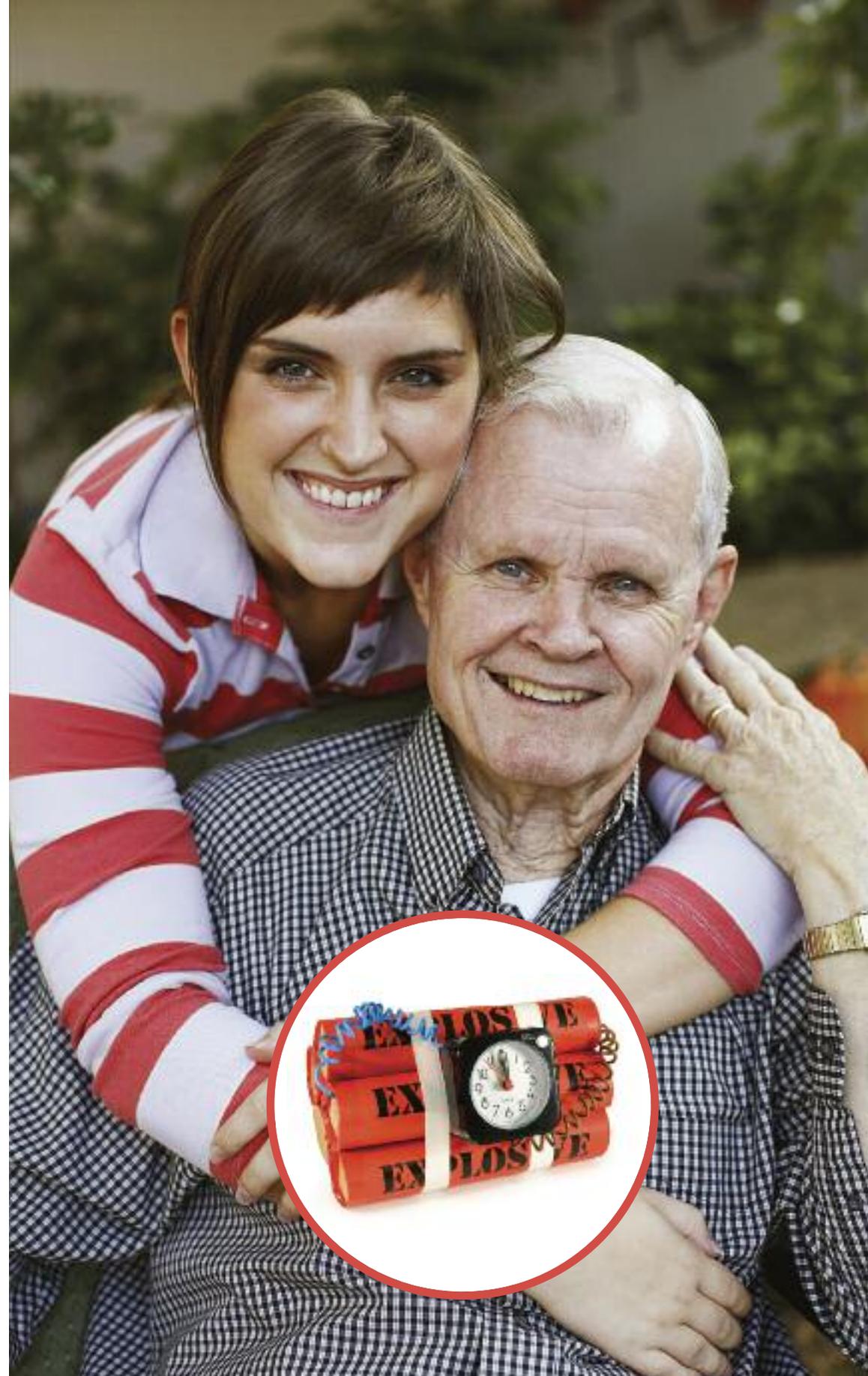
## **Are you a picture of health on the outside but with a ticking time bomb on the inside?**

Don't let America's #1 Silent Killer catch you unaware. Take charge of your blood pressure with NATTO BP PLUS™ and reduce the risk of health problems. No matter what your age or current physical condition, it can help revitalize your entire blood circuitry in as little as 30 days.

Unlike prescription drugs with nasty side effects, NATTO BP PLUS™ helps ...

- DECREASE blood thickness
  - INCREASE oxygen flow
  - RELAX arterial walls
  - REGULATE salt and fluid levels to prevent blood pressure spikes
  - REDUCE inflammation of blood vessels
  - CLEAR fatty acids from your blood
  - LOWER bad cholesterol
  - RAISE good cholesterol
- all NATURALLY without diuretics or vasodilators!

Try it RISK-FREE to defuse the ticking time bomb that could keep you from reaching your next birthday.





## **NATTO BP PLUS™ A GREAT SUCCESS!**

### **Blood pressure drops from 230/100 to a healthy 140/73 without drugs!**

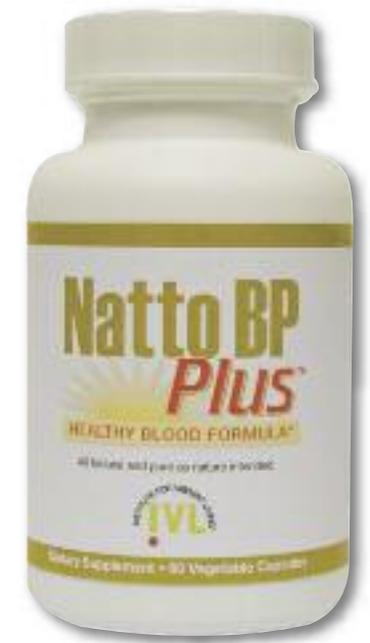
“I purchased Natto BP Plus for my 87-year-old mother. Until recently, she had never had a blood pressure problem. But since she became much more sedentary due to osteoporosis and rheumatoid arthritis, her blood pressure has slowly started creeping up. At age 85, her blood pressure was 230/100.

My mother refuses to take any meds because of the potentially harmful side effects, so I ordered Natto BP Plus for her to try. It was a GREAT success! Her blood pressure is now 140/73. Unfortunately, she has to lie to her doctor. She doesn't want him to know that she only takes natural supplements, vitamins, and herbs. She is afraid that he will want to drop her as a patient because she won't take prescrip-

tion drugs.

Recently, she had a bout of pneumonia and was in the hospital. The bewildered hospital staff could not believe that an 87-year-old can live a medicine-free life! It's about time for America to change the way we look at wellness!”

**C.R., Brooklyn, NY.**



To protect the privacy of IVL customers, not all of the photos used are actual likenesses. However, all testimonials are actual quotations from IVL customers and users of NATTO BP Plus™.

**“The wide-eyed, bewildered hospital staff couldn't believe an 87-year-old can live a MEDICINE-FREE life!”**

**HEALTH BULLETIN  
FROM THE  
U. S. DEPARTMENT  
OF HEALTH AND  
HUMAN SERVICES ...**

WASHINGTON, DC—Nearly 1 in 3 Americans have high blood pressure. Tens of millions are now at risk for heart attacks, strokes, kidney failure, and blindness—all because of HIGH BLOOD PRESSURE!

Unfortunately, many potential victims living on the edge of catastrophic health problems, and possibly even sudden death, don't even know it!

An aging population, obesity, lack of exercise, too much red meat, and junk food have caused hypertension, or high blood pressure, as it is more commonly known, to skyrocket OVER 30% among Americans of all ages ...

**NOW THERE'S A  
SAFE, NATURAL  
FORMULA THAT  
CAN HELP YOU  
FIGHT THIS  
SILENT KILLER!**

**TRY IT  
RISK-FREE!**

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**MILLIONS suffer  
from serious  
health problems  
associated with  
high blood  
pressure. But you  
don't have to be  
one of them once  
you start using  
all-natural  
NATTO BP PLUS™!**

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**THE NURSE HAD TO  
TAKE MY BLOOD  
PRESSURE TWICE  
BECAUSE SHE  
COULDN'T BELIEVE IT  
WAS SO GOOD!**

"I began taking Natto BP 3 days before a scheduled doctor appointment and the person taking my blood pressure took it a second time to be sure she had it correct—as it was a lower reading than I usually had. I've continued to take Natto BP and I continue to have good readings each time. Thank you for this wonderful product."

**E.M., Lindsborg, KS**

**NATTO BP PLUS™ REALLY WORKS!**

**Blood pressure drops from 186/92  
to a healthy 139/67 without drugs!**



## **WHAT A BLESSING!**

"I'm 75 years old and my blood pressure was running real high 186/92. Since I started taking Natto BP my blood pressure went down to normal 139/67, sometimes lower. It took about 4 weeks of taking Natto BP Plus but the main thing, it did work! Thanks to IVL. Keep up the good work."

**V. Chadwick, Waterford, NY**

# Discover NATTO, the age-old Japanese secret that not only helps manage high blood pressure but provides a host of other life-changing health benefits!



For over 1,000 years, the Japanese have considered Natto a remedy for fatigue, aging skin, memory loss, digestive disorders, and many other health issues. But perhaps the most promising health impact Natto appears to have on the body is being confirmed by new scientific evidence. Recent research indicates that ...

## **NATTO CAN ACTUALLY HELP INCREASE BLOOD MOBILITY AND PREVENT OR REVERSE CIRCULATORY PROBLEMS**

While most people think of human blood as a liquid, it actually consists of 40 to 50% solid substances. In normal circumstances, blood flows freely despite this high concentration of solids. But sometimes blood circulation is disturbed by constricted blood vessels, and other conditions. This can cause high blood pressure and impede the blood's ability to supply oxygen and nutrition to the cells and remove waste. The result? Lots of health problems.



After a lengthy study, Dr. Hiroyuki Sumi discovered that Nattokinase, the active enzyme in Natto seemed to improve blood circulation, and dissolve blood clots.

Another clinical study conducted by Professors Ito and Suzuki also indicates the positive health benefits of Natto. After four weeks, the test subjects' blood flow increased, restricted blood flow was virtually eliminated, and bad cholesterol levels were noticeably reduced.

Now you can experience the natural cell-enhancing properties of time-honored Natto in NATTO BP PLUS™, and like the Japanese, help minimize your risk of heart attacks, strokes, and other debilitating diseases.

**NATTO BP PLUS  
GUARANTEED  
TO LOWER  
YOUR BLOOD  
PRESSURE OR  
YOUR  
MONEY  
BACK!**



## *The Samurai General Who Lost the Battle But Won the War Against Sluggish Blood!*



According to tradition, Natto was discovered in 1083, when a Japanese army was attacked while boiling soybeans. The soldiers hurriedly packed the boiled soybeans in straw bags and forgot about their interrupted meal for several days.

When they finally opened the bags, they found that the soybeans had fermented. (The *Bacillus subtilis natto* living naturally in the straw caused the fermentation.) They ate the fermented soybeans anyway and liked the taste so much that they offered them to their commander, Yoshiie Minamoto. He liked them, too. From then on, Minamoto ordered his soldiers to eat "Natto" because he believed it would give them the energy they needed for battle.

# 5 POWERHOUSE ingredients help control high blood pressure! (and NONE of them are medications!)



1

## THE HEALING POWER OF NATTOKINASE!

The properties of Natto (better known in its nutraceutical form as “nattokinase”) closely resemble plasmin—which is your body’s own blood-enhancing enzyme. Consequently, Natto helps decrease blood thickness, increase oxygen flow throughout the body, and attack excess fibrin, the protein that sticks to blood vessel walls and impedes blood flow. In one study, the use of Natto seems to have caused an 11% decrease in blood pressure after just two weeks!

2



## THE HEALING POWER OF THE BONITO FISH!

Japanese researchers have discovered that fish protein powder from the bonito fish can effectively inhibit ACE (Angiotensin Converting Enzyme.) This is critical because ACE is the enzyme responsible for blood vessel constriction—a key indicator of your blood pressure health.

The peptides from the bonito fish help relax your arterial walls and reduce fluid volume. This proper relaxation helps keep blood flow constant and normal, which in turn can help keep your blood pressure under control.

Three clinical studies have shown anti-ACE peptides help lower blood pressure *without side effects*.

3



## THE HEALING POWER OF CELERY SEED EXTRACT!

Although you may think of celery as nothing more than a healthy snack, the seeds of this plant offer you at least TWO documented health benefits.



4

## THE HEALING POWER OF ACETYL L-CARNITINE!

Acetyl L-CARNITINE benefits your cardiovascular system several ways. First, it clears fatty acids out of your blood. Second, it raises good HDL cholesterol and helps keep your coronary arteries clear while it helps lower blood pressure. Third, it helps prevent heart disease by enhancing the overall health of the heart and by helping to prevent cardiac arrhythmias, the cause of one-third of all heart attack deaths.



5

## THE HEALING POWER OF CRANBERRY!

Cranberry defends against inflammatory response in the artery and vein walls in the heart. It is also rich in *phytochemicals* that help kill bacteria and *antioxidants* that scavenge for free radicals. Additionally, cranberry prevents LDL (or bad) cholesterol which leads to harmful arterial plaque.

Almost immediately, cranberry fights high blood pressure by improving the ability of your capillaries to hold blood and decrease blood resistance.



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

**NATTO BP PLUS™ REALLY WORKS!**

**“Have you heard the news? My high blood pressure is history!”**

**Blood pressure drops from 143/92 to a healthy 118/70 without drugs!**

“... I tried Natto BP Plus when my doctor wanted to put me on blood pressure medicine. I wasn't willing to settle for another prescription if I didn't have to. I told my doctor I wanted to see if I could find a natural supplement instead. He gave me 2 weeks and then if I didn't have any luck he would call in an Rx for my 143/92 reading. He was worried about me especially because of my family history. I already took IVL's Natto Clear, which had lowered my cholesterol by 45-50 points. So I called customer service to see if they had a product that addressed blood pressure as well as cholesterol. Natto BP Plus has excelled in reducing my blood pressure after 2 weeks to 118/70 and I now include it in my regular regimen of supplements ... Thanks IVL!”

**L.D., Foristell, MO**

Before you take any supplement, please consult your physician or other licensed healthcare professional to determine if it's appropriate for you.

**Important Note:** We fully recognize that consumer testimonials do not equate to scientific proof of a product's effectiveness. However, we do feel it is valid information for people to have when evaluating whether they want to consider using a product. The accounts appearing here are for informational purposes and are not to be construed that every individual will receive those exact same benefits as reported. Your results may be better!

To be removed from our mailing list or to request that we not share your information with other companies, write to IVL, P.O. Box 3840, Camp Verde, AZ 86322. We also receive master lists from other companies. To ensure your removal from these lists, write to DMA, P.O. Box 643, Carmel, NY 10512.

*An important word from  
Dr. Ralph Holsworth about  
restoring proper blood flow  
for optimum good health ...*

**“I truly believe  
Nattokinase will  
permanently  
alter the way  
we treat heart  
disease ...**

and a host of other illnesses associated with congested blood flow including chronic fatigue, fibromyalgia, lupus, retinal pathologies, prostatitis, hemorrhoids, varicose veins, diabetes, infertility and the list goes on. From all my personal client experiences with this product, I can say that Nattokinase constitutes a health breakthrough like nothing else I have ever seen.”

**Dr. Ralph Holsworth**

## **NO LONGER SUFFER FROM DRUG SIDE EFFECTS!**

“I’m not much of a writer but after thinking about it decided your company (product Natto BP) is truly worth it. I’ve never taken any type of prescription drugs or smoked in my lifetime (45 yrs), therefore I’m not for the pharmaceutical industry. But, I was prescribed \_\_\_\_\_ for high blood pressure by my doctor. I felt awful, run down, listless, tired and the doctor’s explanation for what the primary cause of hypertension was that 90-95% of all high blood pressure cases are unknown. So, I was very grateful to come across your product ... My body immediately felt better without having to worry about what side effects a drug is having on me.”

**K.S.**

**Nashville, TN**



**Prescription drugs  
may lower blood  
pressure but they  
can also have these  
nasty side effects:**

- **Fatigue**
- **Listlessness**
- **Cramps**
- **Dizziness**
- **Headache**
- **Constipation**
- **Insomnia**
- **Swollen ankles**
- **Chronic cough**
- **Fever**
- **Anemia**
- **And more!**

# Why all the smiles? LOWER blood pressure and renewed health thanks to NATTO BP PLUS™!



## FROM 185/110 TO 120/80

“... I have been a hypertension person since 9 years back. During all that time my blood pressure readings were up too high from normal (like 185/110, 190/105, 179/100) doctors had changed the medication several times with the same results. So now, I tried Natto BP, let me tell you that I don't cease to be surprised with the excellent efficiency of Natto BP. In less than 2 weeks, normalized my readings to 120/80 fluctuating to an even better 118/77 and 117/75.”

**R. Rodriguez**  
Rio Grande, TX

## FROM 160/95 TO 101/73

“Before I started taking Natto BP my blood pressure would hover around 160/95 sometimes going higher. I was afraid every time I went to the doctor, because she would give me that look after taking my blood pressure. She prescribed one medication after the other and I was not happy taking any of them ... when I came across Natto BP. After taking it for a few short weeks the numbers started going down. I was so happy and now I am at 101/73 without using any medication. I am a true believer in Natto BP”

**E. Bennett**  
Uniondale, NY

## FROM 200/110 TO 128/50

“A mini stroke in February sent me to a hospital for 3 days, then home with prescriptions and Coumadin ... blood pressure of 200/110! It was so high, the doctor kept me in the hospital. I raised h—— because the prescriptions were not working. I ordered Natto BP and ... I went back for a checkup in August with blood pressure in the 140/55 range. I quit the Coumadin and the aspirin. Recently, blood pressure has been as low as 128/50 like an adolescent's ... Did I mention I am two years shy of 80?”

**A. Hancock**  
Kansas City, MO

## FROM 160/90 TO 120/70

“I have to take a prescription drug for blood pressure. It still stayed high and every time I'd have a doctor's appointment, he'd want to put me on another prescription ... Then I received information by mail for Natto BP Plus. I sent for it and tried it. Before taking it my blood pressure was 160/90, it is now 120/70. I've been on Natto BP for 1 1/2 years. I wouldn't be without it. My doctor is well pleased ...”

**M.D.**  
CenterLine, MI

RESULTS WILL VARY WITH EACH PERSON,  
BUT RESULTS YOU WILL GET!



**Who wants to depend on  
prescription drugs when there  
may be a better way to control  
high blood pressure  
NATURALLY?**

**FROM 160/95 TO 130/80 WITH  
NO PRESCRIPTION!**

“My doctor doubled my regular BP medicine and added another one and topped it off with a water pill. After two weeks I was dizzy, tired all the time and running to the bathroom ... I tried Natto BP Plus ... my BP went from 160/95 to 130/80 and I feel like a human again. ... Thanks IVL. Your product is worlds better than my doctor’s prescriptions.”

**Scott G. Fletcher  
Rochester, NY**

**FROM 149/83 TO 125/74 WITH  
NO MEDICATIONS WHATSOEVER!**

“Upon using Natto BP Plus my blood pressure dropped from 150/83 to 139/79 the first day. However I had still been using the medication every other day as well. The first part of April I eliminated the medication and used Natto BP Plus exclusively. I went from 149/83 on April 9, 2012 to 125/74 on April 15, 2012 with no medication whatsoever. I will continue to do this and eliminate the toxic medications.”

**Keith Horton  
Clearwater, FL**

**FROM 179/96 TO 142/79 WITH  
NO SIDE EFFECTS!**

“I started Natto BP Plus three weeks ago. My starting BP was 179/96. After taking two Natto two times a day my current BP is 142/79. I am very pleased with such a quick response. I would certainly recommend this product to others as it has worked well for me and I have not had any bad side effects either (I am allergic to many medications and have had problems with other hypertensive medications). Thank you.”

**Patricia Lammers  
Lewellen, NE**

***Want to bring down your  
numbers? Try NATTO BP  
PLUS™ today. If your  
blood pressure doesn't  
return to the normal  
range, it's FREE!***



**IMPORTANT NEW FINDINGS FROM THE MAYO CLINIC ABOUT THE LINK BETWEEN HIGH BLOOD PRESSURE AND ALZHEIMER'S**

ROCHESTER, MN—It's no secret that high blood pressure can lead to heart attack and stroke. But did you know that hypertension can also affect your mind?

According to the Mayo Clinic, high blood pressure may "lessen your ability to think ... remember ... and learn as you age. Uncontrolled high blood pressure has been linked to cognitive decline and dementia. High blood pressure can produce tiny blockages and spots of degeneration within the brain. And researchers say that people who have a loss of cognitive abilities are the ones most likely to develop Alzheimer's disease later in life."

If you'd like some very cheap insurance against mental decline and all the other health threats posed by high blood pressure, take steps now to control it. Try NATTO BP PLUS™ risk-free for as long as you like. It's the most advanced and complete natural formula developed specifically to help you manage and control high blood pressure.

**"As a physician with 'integrative tendencies' I was excited about Natto BP Plus as an alternative to my high blood pressure medication. So far, so good . . ."**

**J. Krantz  
Milford, CT**

**"By using Natto BP my blood pressure went down from 188/90 to 112/70. I much prefer herbal remedies to drugs."**

**M. Scheibe,  
Pocatello, ID**

**NATTO BP PLUS™  
GUARANTEED TO LOWER  
YOUR BLOOD PRESSURE  
OR **YOUR**  
**MONEY BACK!****

**NATTO BP PLUS™ REALLY WORKS!**

*Want to say goodbye to high blood pressure and ill-health FOREVER?*

**THE 5 NATURAL INGREDIENTS IN NATTO BP PLUS™ WORK TOGETHER 24 HOURS A DAY TO PROMOTE HEALTHY BLOOD PRESSURE AND DELIVER A HOST OF OTHER HEALTH BENEFITS!**

**IT SAVED MY LIFE TWICE!**

"I have been using Natto BP about a year. It has saved my life twice ... any time my heart starts acting up I take 2 Natto BP capsules and in less than 10 minutes everything is back to normal. I would not be without Natto BP under any circumstances. I am 86 years old and with Natto BP on my side, I feel like I will make it to 100! Please don't run out!"

**R.D.  
Spicewood, TX**

**DON'T NEED MY WALKER!**

"After receiving my Natto BP I started taking 2 capsules daily and can now get about without my walker ... I am 86 years old and going for 100!!!"

**G. McLain  
Chattanooga, TN**

**NO MORE DIZZY SPELLS!**

"Since I have been using Natto BP formula, I no longer experience the light headedness or dizzy feeling, nor the headaches and flushed feelings. Now my blood pressure readings are within normal range."

**J.F.  
Gretna, LA**

**MORE VITALITY AND A STRONG IMMUNE SYSTEM!**

"Since taking Natto BP Plus I have great energy, more stamina and sleep better. Overall, I feel I have more vitality and I know I've strengthened my immune system. I feel great taking it and wouldn't be without it. Thanks for a great product."

**J.K.  
McKeesport, PA**

RESULTS ARE NOT THE SAME FOR EVERYONE.  
YOURS MAY BE EVEN BETTER THAN ONES MENTIONED HERE.

Dear Friend,

It's shocking to think that over 30% of the U.S. population has high blood pressure. Over 250,000 deaths annually can be linked to hypertension.

Your risk of stroke, heart attacks, kidney disease, and vision loss is greatly increased if you have high blood pressure.

And now, according to the Mayo Clinic, uncontrolled high blood pressure has been linked to cognitive decline and dementia.

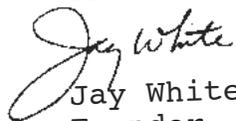
It's no secret by now that high blood pressure is the root cause of any number of devastating – potentially fatal – health problems.

If you'd like some very cheap insurance against the threat of America's #1 silent killer, you owe it to yourself and your loved ones to try NATTO BP PLUS™ – RISK-FREE.

It's the most complete 100% natural formula ever developed to help you balance and control hypertension – FOR LIFE!

With so much health and peace of mind to gain and nothing to lose if you're not satisfied with the results, why not call and place your order TODAY!

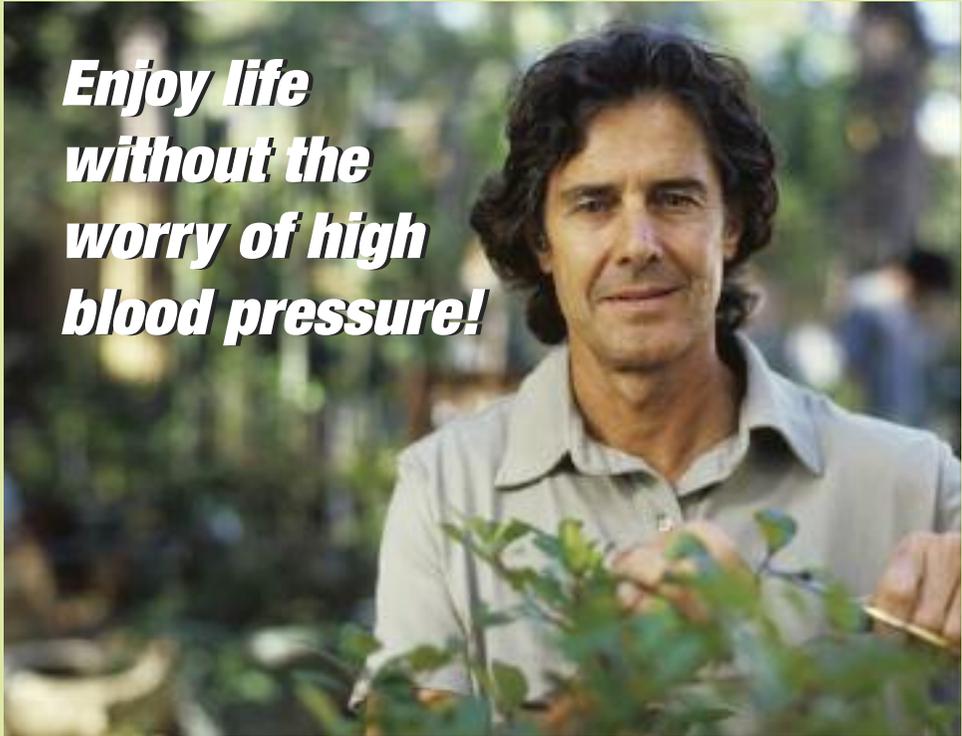
Yours for better health,



Jay White  
Founder

Institute for Vibrant Living®

PS. RESULTS ARE GUARANTEED OR YOUR MONEY BACK--NO QUESTIONS ASKED!



**Enjoy life  
without the  
worry of high  
blood pressure!**

**FROM 140/90 TO 115/73**

“After years of trying various natural “cures” for my higher blood pressure ( 140/90 or so), after 3 months of Natto BP Plus my reading was below normal (115/73). I feel much better. This is a great product”

**J.B., Howey in the Hills, FL**

**BLOOD PRESSURE NORMAL AGAIN!  
I REALLY DEPEND ON THIS PRODUCT!**

“I have had diabetes for 18 years and several months ago my blood pressure began going up out of the normal range. I decided to try Natto BP Plus and almost immediately my blood pressure became normal again. I really depend on this product.”

**T.B., Houston, TX**

RESULTS WILL VARY WITH EACH PERSON,  
BUT RESULTS YOU WILL GET!

## 92 YEARS YOUNG THANKS TO NATTO BP PLUS!



“I have been using Natto BP for more than 7 years now. I feel good, raise a garden, do my mowing (large yard), renewed my driver’s license a year ago with no restrictions, not even glasses! I am so happy for such good health. I will be 92 next month, what more could I ask for? I thank God daily ...”

**I. Manning, Big Stone City, SD**

\*To protect the privacy of this real IVL customer and user of Natto BP Plus™, an actual likeness was not used.

## NO MORE BLOOD PRESSURE MEDS!

“Since I have been taking Natto BP my blood pressure has come down to the point that I have discontinued taking blood pressure medications. My blood pressure now averages around 125/70 ... Also my hands and feet which were always cold seem to be warmer. I intend to take Natto BP for the rest of my life.”

**J. Greider  
Elizabethtown, PA.**

## IT REALLY WORKS!

“This is my first testimony. I am 59 years old. I am so pleased to let everyone know how Natto BP has helped me. I have had high blood pressure for the past five years. I have been taking Natto BP for the past year. My blood pressure has come down from 188/89 to 130/75. Anyone with high blood pressure should try Natto BP, it really works.”

**M. Johnson  
Baton Rouge, LA.**

RESULTS ARE NOT THE SAME FOR EVERYONE.  
YOURS MAY BE EVEN BETTER THAN ONES MENTIONED HERE.

## 9 FACTS ABOUT HIGH BLOOD PRESSURE THAT COULD SAVE YOUR LIFE!

**LIFE-SAVING FACT #1** Hypertension is America’s third leading cause of death.

**LIFE-SAVING FACT #2.** Until age 60, women are less likely than men to develop high blood pressure, but after 60 women take the lead.

**LIFE-SAVING FACT #3.** The higher your blood pressure, the shorter your life expectancy.

**LIFE-SAVING FACT #4.** Vegetarians usually have lower blood pressure.

**LIFE-SAVING FACT #5.** About 70% of Americans with high blood pressure are overweight. Losing just 10 to 20 pounds can bring blood pressure down to normal levels.

**LIFE-SAVING FACT #6.** Being overweight between the ages of 20 and 30 significantly increases the risk of developing hypertension later on.

**LIFE-SAVING FACT #7** Aspirin, ibuprofen, oral contraceptives, decongestants, and a host of other over-the-counter and prescription drugs can elevate your blood pressure.

**LIFE-SAVING FACT #8** Hypertension often exhibits no symptoms until blood pressure hits dangerous levels

**LIFE-SAVING FACT #9.** Prescription drugs save lives but all come with serious side effects. That’s why doctors should tell people about other options.

**NATTO BP PLUS™ is an easy, convenient, all-natural way to help control your blood pressure and reduce your risk of heart attack and stroke—WITHOUT SIDE EFFECTS.**

Don't let hypertension shorten your life.

Get into the swing of things with ...

## The 7 Secrets to LOWER Blood Pressure!



**Lose a few pounds.** For every 2 pounds you lose, your blood pressure should drop at least one point in both systolic and diastolic readings.



**Exercise to improve circulation.** Just a brisk half-hour walk three or four times a week can lower blood pressure from 3 to 15 points per month.



**Watch your salt intake.** Cut down on snacks, prepared foods, and other dietary sources of salt. For many Americans, less salt means lower blood pressure.



**Get plenty of potassium** by eating foods such as bananas, apples, avocados, oranges, potatoes, tomatoes, peaches and apricots.



**Take magnesium** to help regulate how much water your cells hold. By supplementing your diet with magnesium you can significantly reduce blood pressure.

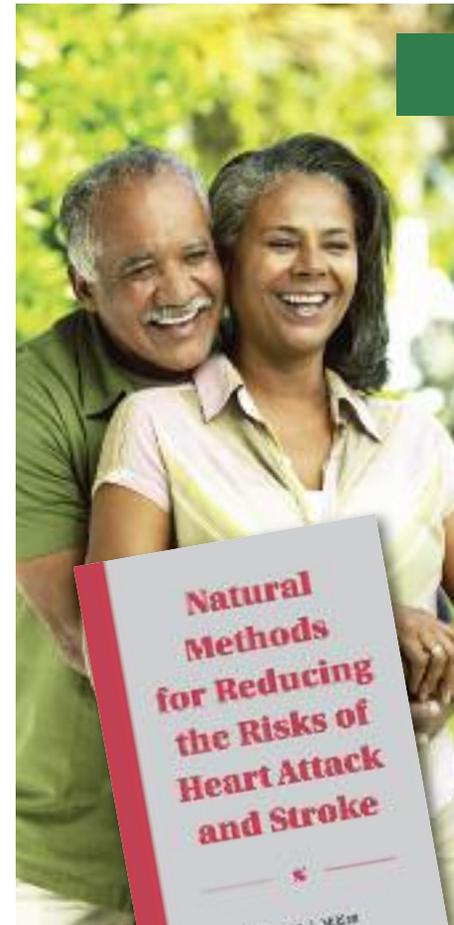


**Cut back on sugar.** The insulin and adrenaline released when blood sugar spikes cause the body to retain sodium and water, which raises blood pressure.



**Try Natto BP Plus™** to help decrease blood thickness, reduce oxidation, improve circulation, relax blood vessels, and fortify your health all at the same time!

FREE Gift – \$19.95 value!



### Natural Methods for Reducing the Risks of Heart Attack and Stroke

by Dr. Devin Mikles

Heart attacks and strokes – combined they are the number one killers of people in the United States. In this report, you'll learn the major risks of cardiovascular disease, how to overcome them, and easy lifestyle modifications that put you in control of your health again. In addition, you'll learn...

- Nutritional supplements and herbs that help to heal heart disease
- The truth behind today's most popular unconventional treatments
- How inflammation affects your heart
- The mystery of metabolic syndrome revealed
- Foods to eat, and those to avoid, for maximum heart health
- The downside of statin drugs

And more!

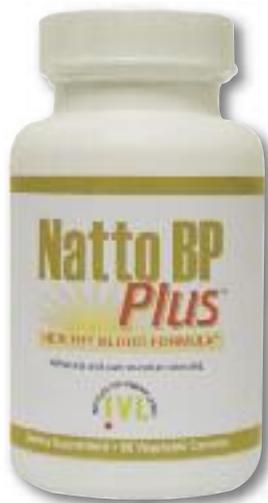
This handy, concise, life-saving guide is absolutely packed with tricks, tips and techniques for getting the most mileage out of your heart.



Your satisfaction  
100%  
GUARANTEED!

It will work for you  
or your MONEY BACK

If Natto BP Plus™ doesn't help ...



- ✓ LOWER your blood pressure
- ✓ OPTIMIZE blood mobility
- ✓ PREVENT blood clots
- ✓ INCREASE your energy
- ✓ STRENGTHEN your immunity
- ✓ REDUCE circulation problems
- ✓ GUARD against heart disease

... simply return the unused  
portion for a 100% refund  
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YES! I want to balance & control my blood pressure  
the natural way with NATTO BP PLUS™ and ...  
**SAVE UP TO \$447.79**  
with our **LOWEST PRICES EVER!**

- BEST DEAL EVER! I save \$447.79!** Please send me a 12-month supply of NATTO BP PLUS™ along with an **extra 4-month supply FREE!** I will also receive *Natural Methods for Reducing the Risks of Heart Attack and Stroke* (a \$19.95 value)—absolutely FREE! But that's not all! I also get FREE shipping\* (a \$7.99 value) and a \$20 Gift Certificate I may use on any future IVL order. That's a total value of more than \$847 for **ONLY \$399.99. Item# NBP04**
- GREAT VALUE! I save \$177.87!** Please send me a 6-month supply of NATTO BP PLUS™ along with an **extra 2-month supply FREE!** I will also receive *Natural Methods for Reducing the Risks of Heart Attack and Stroke* (a \$19.95 value) and I get FREE shipping\* (a \$7.99 value)! That's a total value of more than \$427 for **ONLY \$249.99. Item# NBP03**
- GOOD VALUE! I save \$69.92!** Please send me a 3-month supply of NATTO BP PLUS™ along with an **extra 1-month supply FREE!** I will also receive *Natural Methods for Reducing the Risks of Heart Attack and Stroke* (a \$19.95 value)—absolutely FREE! That's a total value of more than \$219 for **ONLY \$149.99** plus \$7.99\* shipping and handling. **Item# NBP02**
- TRIAL OFFER!** Please send me a 1-month supply of NATTO BP PLUS™ for only \$49.99 plus \$7.99\* shipping and handling. If it works for me as well as it did for thousands of others, I'll order more. **ONLY \$57.98. Item# NBP01**

**\* SHIPPING POLICY:** SHIPPING PRICES VALID FOR LOWER 48 STATES ONLY.  
PLEASE CALL FOR RATES TO AK, HI, AND OUTSIDE THE US. REFUNDS EXCLUDE SHIPPING.

**I choose to pay as follows:** (AZ residents, please add 9.35% sales tax)

Check or money order payable to IVL for \$\_\_\_\_\_ enclosed.

Bill my credit card:  MasterCard  Visa  Discover  AMEX

Card # \_\_\_\_\_

Exp. Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Signature \_\_\_\_\_

Name (please print) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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

Email Address \_\_\_\_\_  
(Get shipping confirmation / IVL's e-newsletter and exclusive email promotions)

**3 CONVENIENT WAYS TO ORDER**

- 1** Mail the Order Form to IVL, P.O. Box 3840, Camp Verde, AZ 86322
- 2** Call toll-free **1-800-218-1379**  
(Credit Card or **Check by Phone** Orders)
- 3** Shop online at **www.NattoBP.com**

(Promotional items may vary online)





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