

"I Lost 125 Pounds

... in just 8 MONTHS! With the META-ZYQUE System[®], I've gone from size 18 to SIZE 6!"



LOOK INSIDE for:

- **Joint Pain Relief**
page 11
- **Products Developed "Just For Women"**
page 9
- **Powerful Immune Support**
page 14 *...and More!*

Maria
Lakernick

THE MOST POWERFUL ENERGY & WEIGHT-LOSS DUO EVER!*

Over 800 Million servings sold! see page . . . 3

****30-Day money back guarantee if not fully satisfied.**

*The statements in this publication have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. E'OLA strongly recommends before engaging in any weight-loss or hormone balance program that you consult with a qualified health care professional. E'OLA's products are not intended to substitute or be an alternative for any prescription or over-the-counter drug. These are the experiences of individual customers. Your results may vary.



Dr. Les Griffith, one of the co-founders of the prestigious Bastyr University, known throughout the world as the premier natural medicine university in the United States, serves as the Medical Director and Executive Director of Nutrition and Health Science at E'OLA International. He is a doctor of naturopathic medicine who is recognized as a leader in the field of science-based medicine.

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Dear Friend,

My name is Dr. Les Griffith, and I invite you to experience a line of products that will change your life. For close to 10 years now E'OLA has been a leader in cutting-edge weight-loss, energy and nutritional supplements. In fact, the number of servings consumed of our leading weight-loss combination, AMP II Pro Drops and Liqua Thin, has now exceeded 800 million.

Today, more than ever before, millions are suffering the effects of being overweight. Our first priority is to help you quickly reach your desired weight and then provide a way for you to keep those extra pounds off permanently. If you're not completely satisfied, we'll refund your money; your satisfaction is guaranteed.

E'OLA products are different. In an industry flooded with marketing hype, our products are backed by solid science and research. Many ingredients in our products have been awarded patents and have been the subject of multiple clinical studies.

From the most advanced weight-loss supplements to the highest-quality multivitamin available and from powerful immune-strengthening ingredients to the most advanced approach to arthritis pain relief, E'OLA is the leader! Select from the premium products in this catalog and experience renewed health in your life today.

Wishing you health and happiness,

Dr. Les Griffith, N.D.
 E'OLA International

P.S. Remember—what makes each E'OLA product different is quality. Rest assured that with each and every product you select, you've chosen the best that nature and science have to offer.

E'OLA Pak® page 12

High-potency vitamins, minerals & antioxidants



Life Juice® page 13
 34 fruits & vegetables in a single capsule

ThyroFuel™ page 6
 Turn fat to fuel*

MP Max™ page 9

Maximum prostate health*



OVER 800 MILLION SERVINGS SOLD!

ENERGY & BURN - MOST IMPORTANT! Our powerful thermogenic formulas safely** increase your body's natural ability to incinerate fat!*

Effortlessly **BURN AWAY UNWANTED FAT** while **INCREASING ENERGY!**

Increase energy, lose weight & drop inches **AMP II Pro Drops®**

One of the most sought-after weight management products on the market, AMP II Pro Drops battles weight gain on three fronts: it stimulates an increase in energy, it puts you in control of your appetite, and it promotes thermogenesis. This innovative liquid formula allows faster absorption than capsules or pills. Used with E'OLA's Liqua Thin, this flagship product is one of the strongest nonprescription weight-loss supports available. And with more than 800 million servings sold, our two hallmark fat fighters deliver proven purity and potency. AMP II Pro Drops have been university tested for safety so you can be assured that each drop can be counted on as pounds are counted off.*

Item code:
11340
1 oz. liquid

Supplement Facts	
Serving Size: 5 Drops Servings Per Container: 120	
Amount Per Serving	% Daily Value
Proprietary Blend	33 mg *
Ephedrine HCL, Ephedra (branch) extract, Willow (bark) extract, Guarana (seed) extract, Atractylodes (herb) extract, Licorice (root), Dimethyl Amino Ethanol Bitartrate, Dibenzozide	
* Daily Value not established	
Other Ingredients: Water, Hydrochloric Acid, Glycerin, and Sodium Benzoic Acid.	
Each serving contains approximately 15 mg. of ephedrine.	



- **Innovative liquid formulas allow faster absorption than capsules or pills**
- **Unparalleled non-prescription weight-loss duo**
 - Maximize fat-burning!
 - Boost energy!
 - Unprecedented appetite control!

Maximize fat burning & reduce cravings

Liqua Thin®

The companion to AMP II Pro Drops

It strengthens and enhances the body's ability to reduce excess body fat. Key ingredients (chromium, L-carnitine, and green tea) are absolutely essential for intensifying the fat-burning process; E'OLA's exclusive liquid formula means the body absorbs these essential ingredients much faster. Cravings for carbohydrates and sugars diminish, and blood sugar levels stabilize (which means less feelings of hunger). The complex workings of the body's energy production and fat-burning systems run more smoothly and much more effectively. In addition to playing an integral role in fat burning, the herb green tea offers remarkable antioxidant activity.*

Item code: 11320
1 oz. liquid

Supplement Facts	
Serving Size: 10 Drops Servings Per Container: 60	
Amount Per Serving	% Daily Value
Chromium (from Albion® Chelavite®)	200 mcg 167%
Proprietary Blend	155 mg *
L-Carnitine, Green Tea (leaf) extract, Atractylodes (herb) extract, Choline Bitartrate, Dibenzozide	
* Daily Value not established	
Other Ingredients: Water, Hydrochloric Acid, Citric Acid, Glycerin, Sodium Benzoic Acid.	

ENERGY & BURN

REAL PEOPLE - REAL RESULTS!



GOODBYE FAT!

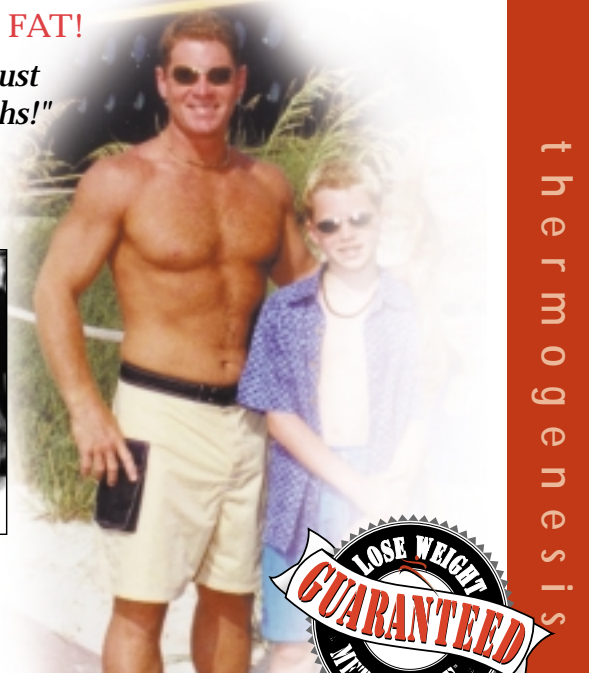
"I lost 104 pounds in eight months!"
-Roxanna LaPuma



FIREMAN BURNS FAT!

"I lost 50 pounds in just four and a half months!"

-Kirk Goldsmith



These are the experiences of individual customers. Your results may vary.

THE META-ZYQUE® GUARANTEE - YOUR SATISFACTION OR YOUR MONEY BACK!

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thermogenesis



Dr. Les Griffith

Co-founder of Bastyr University

5 KEYS TO PERMANENT WEIGHT LOSS

We have the answer for you to quickly and effortlessly **BURN FAT OFF OF YOUR BODY** and **INCREASE ENERGY**. With AMP II Pro Drops and Liqua Thin, you will not be disappointed. Burning fat is the most important part of the newly developed **META-ZYQUE® Total Weight Management System**.

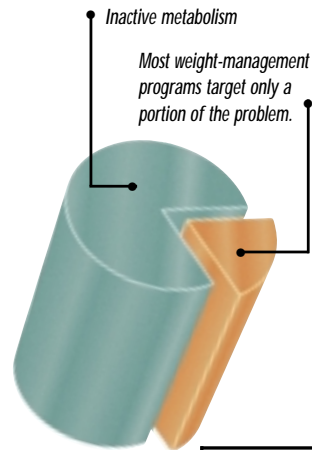
Unlike the latest diet fads or magic weight-loss pills where you briefly lose weight only to **GAIN IT BACK AND MORE**, with the **META-ZYQUE System YOU TAKE THE POUNDS OFF AND KEEP THEM OFF PERMANENTLY!**

The **META-ZYQUE System** is not

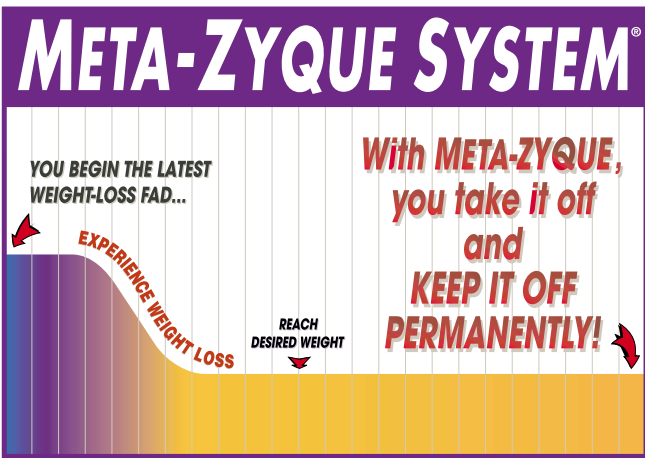
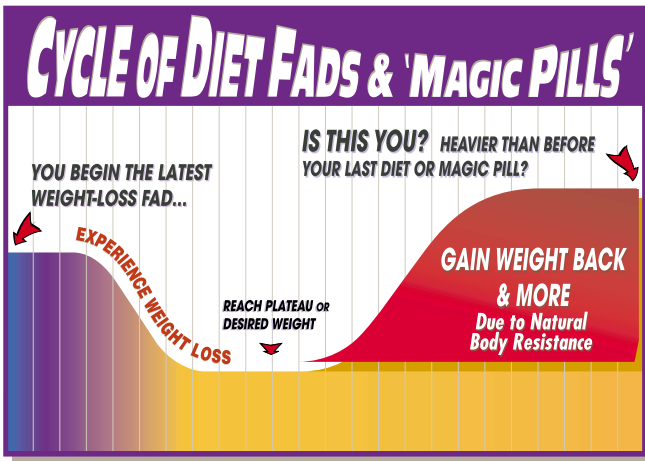
just marketing hype, but truly an advanced, scientific breakthrough. If you or someone you know is overweight, the primary cause is an inefficient metabolism.

The most common remedies people find are either prescribed by a physician or found on the retail shelf. The problem with these remedies is that they only target one aspect of the problem.

The key to **PERMANENT WEIGHT LOSS** is supporting multiple metabolic functions. This system provides powerful support to the five major components that make up a healthy metabolism.



The **META-ZYQUE® Total Weight Management System** targets multiple components of your metabolic system.



BURN & ENERGY

MOST IMPORTANT! Effortlessly **BURN AWAY UNWANTED FAT** while **INCREASING ENERGY!** Our powerful thermogenic formulas safely** increase your body's natural ability to incinerate fat!*

BLOCK

STOP THE FORMATION OF FAT by blocking its production and storage with patented science!

REGULATE

Bring back the metabolism and **BODY OF YOUR YOUTH** by regulating your metabolic hormones!

SUPPLEMENT

The essentials that millions of Americans are missing for a **FINELY TUNED METABOLISM!**

DIET & EXERCISE

Eat and exercise effectively for **WEIGHT LOSS!**



ENERGY & BURN – MOST IMPORTANT! Effortlessly **BURN AWAY UNWANTED FAT** while **INCREASING ENERGY!** Our powerful thermogenic formulas safely** increase your body's natural ability to incinerate fat!*

Twice the absorption, longer lasting

Lipo-AMP® & Lipo-THIN™

Available
in a spray
or with a
squeeze dropper



Based on the original formulas of AMP II Pro Drops and Lipo Thin, E'OLA's "Lipo" products offer the same great benefits (added energy, controlled appetite, increased thermogenesis) with a patent-pending delivery system that produces twice the absorption of other liquids.* (see page 10 for more info on liposome technology)

New Oriental fat-burning herb JIN-ZHI® Thermo Drops



Experience an exciting new Oriental herb that stimulates thermogenesis. Imported from China, the active ingredient zhi shi (Citrus aurantium) promotes the body's fat-burning mechanism and even helps control the appetite. Our Jin Zhi products contain the highest-known percentage (10%) of synephrine of any product on the market. Jin Zhi Thermo Drops is designed to work synergistically with E'OLA's EQ-10.*

Item code: 11470
1 oz. liquid

Supplement Facts

Amount Per Serving	% Daily Value
Serving Size: 15 drops Servings Per Container: 60	
Zhi Shi (Citrus Aurantium)**	250 mg
Proprietary Blend	18 mg
Caffeine, Guarana Herb, Ginseng Root, Licorice Root	
* Daily Value not established	
Other Ingredients: Water, Glycerine, Citric Acid, Sodium Benzoate.	
** Contains 10% synephrine.	

Balanced fat-burning capsule JIN-ZHI® Plus



Jin-Zhi Plus contains all of the benefits of the Jin Zhi Thermo Drops but in capsule form. The "plus" means it also includes kelp, white willow, chromium, and manganese to further balance the formula.

Item code: 11490
90 tablets

Thermogenesis: A complicated process with a simple result—weight loss. Thermogenesis is the production of heat in the body that burns up fat; the more active a body's thermogenic "heater," the less fat is tucked away.

Fact: Americans Are Fat

Research indicates that more than half of all Americans are overweight,¹ and many experts feel that those estimates are conservative. Certainly almost everyone would like to drop at least five or ten pounds. Losing weight is a billion-dollar business that typically delivers dismal and disappointing results. Beat the odds with the Meta-Zyque System!

¹U.S. National Institutes of Health

Lipo-AMP Spray
Item code: 11275 2 oz. liquid

Lipo-AMP (with squeeze dropper)
Item code: 11276 1 oz. liquid

Lipo-THIN Spray
Item code: 11285 2 oz. liquid

Lipo-THIN (with squeeze dropper)
Item code: 11286 1 oz. liquid

Supplement Facts

Amount Per Serving	% Daily Value
Serving Size: 1 Spray (0.7 ml) or 1/2 dropper	
Vitamin B12 (cyanocobalamin)	10 mcg 166%
Proprietary Blend	188 mg
Ephedra (branch) Extract, Guarana (seed) Extract, Caffeine, Slevia (leaf) Extract, White Willow Bark Extract, Atractyodes (herb) Extract, Licorice (root) Extract, Dimethyl Amino Ethanol Bitartrate, Dibenzamide	
Other Ingredients: Purified Water, Fructose, Hydrochloric Acid, Natural and Artificial Peppermint Flavor, Lecithin, Potassium Sorbate, and Sodium Benzoate.	
Each serving contains approximately 8 mg. of ephedrine alkaloids	

Supplement Facts

Amount Per Serving	% Daily Value
Serving Size: 1 Spray (0.7 ml) or 1/2 dropper	
Chromium (as Chromium Chloride)	200 mcg 167%
Proprietary Blend	132 mg
L-Carnitine, Green Tea (leaf) Extract, Dibenzamide	
* Daily Value not established	
Other Ingredients: Purified Water, Glycerin, Fructose, Polyglyceryl-10 Oleate, Hydroxylated Soy Lecithin, Potassium Sorbate, and Natural and Artificial Flavors	

Boost your metabolism...gently E'OLA GENESIS Thermo Drops

Genesis is a fat-burning formula that delivers all the benefits (added energy, controlled appetite, increased thermogenesis) of E'OLA's best-sellers yet in a gentler form.*

Item code: 11345
1 oz. liquid



More total energy EQ-10®

The nutrient coenzyme Q-10 is known to increase the body's fat-burning capacity by increasing calorie burning. Research has found overweight people have as much as 50 percent less CoQ-10 than their leaner counterparts.

Supplementation provides the effective answer. EQ-10 rounds out the thermogenesis process by stimulating the manufacture of energy.

A secondary benefit of CoQ-10, but one not to be overlooked, is the role this universal energy molecule plays in maintaining and strengthening the body's cardiovascular system by improving heart muscle functioning.*

Item code: 11395
1 oz. liquid



Supplement Facts

Amount Per Serving	% Daily Value
Serving Size: 10 drops Servings Per Container: 60	
Proprietary Blend	149 mg
Guarana Seed, DMAE Bitartrate, Aloe Vera Juice, Ginseng Root, Co-Enzyme Q-10, Chromium Chelavite® (as Albion® amino acid chelate), Kelp, Licorice Root, Royal Jelly, White Willow Bark, L-Arginine, L-Tyrosine, Manganese Chelazone (as Albion® amino acid chelate), Cyanobalmin	
Other Ingredients: Water, Glycerine, Sodium Benzoate.	

Blend of natural weight-loss nutrients CiTrim™ 250 Classic

For those who are looking for the benefits of CitriMax™ and the advantages of ephedra, E'OLA offers CiTrim 250™ Classic, the weight management formula with a blend of weight-loss nutrients including L-carnitine, DMAE, aloe vera, green tea leaf, and white willow bark.

Item code: 11375
2 oz. liquid



ENERGY & BURN

thermogenesis

THE META-ZYQUE® GUARANTEE – YOUR SATISFACTION OR YOUR MONEY BACK!

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BLOCK adipostasis
REGULATE



20% reduction of body fat**

Meta-CLA™



What if your body refused to store fat? What if your body moved fat out of storage much faster? And what if you gained lean muscle tissue in the process? CLA (conjugated linoleic acid) is essential in the process of inhibiting fat storage, stimulating the transfer of fat out of storage, and increasing muscle retention.* "Meta-CLA, which contains Tonalin™, a patented vegetarian source of CLA, is one of the most studied and proven fat blockers ever discovered," notes Dr. Les Griffith.



Item code: 11310
90 capsules

** MedStat Research Ltd., Norway, 1997. Tonalin is a registered trademark of Pharmanutrients USA, Inc.

Supplement Facts

Serving Size: 1 Capsule Servings Per Container: 90		
Amount Per Serving		% Daily Value
Tonalin™ CLA	500 mg	*
Aloe-Min™	25 mg	*
E'OLA Mineral Blend, Active Aloe™, Calcium Gluconate Monohydrate		
* Daily Value not established		

Guilt free! Breads, pasta, rice & more
Starch Block



Enjoy maximum blocking power against the conversion of starch calories that can eventually be stored as fat. A natural product derived from kidney beans, Starch Block binds with starch at the same site enzymes would, preventing the starch from turning into sugar. With Starch Block, by the time the starch you've eaten comes into contact with the digestive enzyme responsible for breaking it down, there's no binding site available! Simply by swallowing a tablet you have less high-glycemic, fat-promoting carbohydrates in your diet – regardless of what foods you eat. It's that easy!*



Supplement Facts

Serving Size: 1 tablet Servings Per Container: 60		
Amount Per Serving		% Daily Value
Chromium (as Chromium Polynicotinate)	100 mcg	63%
Proprietary Blend	300 mg	*
Kidney Bean Extract 10:1, Vanadyl (as Vanadyl Sulfate)		
* Daily Value not established		

Item code: 11312
60 tablets

Inhibit fat & control appetite

CiTrim™



Swallow a pill and inhibit the manufacture of fat in your body. This powerful fat-blocking product contains Super CitriMax™, a patented garcinia cambogia extract that contains 60 percent Hydroxycitric acid (HCA), that's 10 percent more than most other products offer. What more could you ask for?

Well, with CiTrim, you could enjoy more energy and less appetite too! HCA works to inhibit the conversion of carbs to fat and reduce the appetite, as well as improve stamina and endurance.*



Supplement Facts

Serving Size: 1 Tablet Servings Per Container: 60		
Amount Per Serving		% Daily Value
Super CitriMax™ (Garcinia Cambogia)	500 mg	*
Proprietary Blend	97 mg	*
Triphala, Cayenne Pepper, Piper Longum, Vanadyl Sulfate		
* Daily Value not established		
Other Ingredients: DiCalcium Phosphate, Microcrystalline Cellulose, Calcium Stearate, Vegetable Stearic, Croscarmellose Sodium.		

Item code: 11290
60 tablets

CitriMax, Chromium, L-carnitine

CiTrim 250™

The liquid form of CiTrim™, this fat-blocking formula contains the "three C's" of weight-management—CitriMax™, Chromium, and L-carnitine. These three combine for great weight management assistance.*

Item code: 11385
1 oz. liquid



CitriMax is a registered trademark of InterHeath N.I.

REGULATE – Bring back the metabolism and BODY OF YOUR YOUTH by regulating your metabolic hormones!

Turn fat to fuel

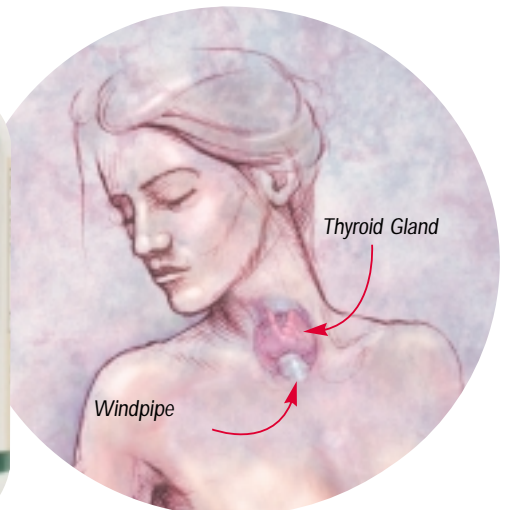
ThyroFuel™

Tried to lose weight, but just aren't seeing results? The answer might be one you've never considered. The thyroid is responsible for converting stored body fat into fat the body can use—and consequently lose. If your thyroid isn't working properly (and 13 million Americans' thyroids aren't), then your weight loss efforts could be wasted. ThyroFuel, one of E'OLA's newest offerings, tackles this problem head-on, balancing and maintaining healthy thyroid function, which means help for your metabolism.*

Supplement Facts		
Serving Size: 2 capsules Servings Per Container: 30		
Amount Per Serving		% Daily Value
Proprietary Blend	810 mg	*
Kelp, Thyroid extract, Guggulipid® (Commiphora mukul (gum) extract), Tyrosine, Gentian (root)		
* Daily Value not established		
Other ingredients: Gelatin and Rice flour.		
Guggulipid® is a registered trademark of SABINSA Corp.		

"When you have an underactive thyroid, that has a powerful effect on the production of fat," says Dr. Griffith. "You can't hit your weight goals without a healthy thyroid."

Item code: 11431
60 capsules



REGULATE – Bring back the metabolism and *BODY OF YOUR YOUTH* by regulating your metabolic hormones!

Return to the metabolism of your youth

Meta-HGH®

Imagine a product designed to reduce body fat and increase lean muscle mass. The same product can increase energy, strengthen the immune system, enhance sexual drive and desire, help skin and hair, and improve mental function and clarity. The Meta-HGH formula is clinically shown to increase the body's own production of Human Growth Hormone (HGH) so you can return to the metabolism of your youth.*

Item code: 11305
250 gram powder

Supplement Facts	
Serving Size: 1 Scoop (4.2 g) Servings Per Container: About 60	
Amount Per Serving	% Daily Value
Calories	17
Total Carbohydrate	4 g 1%
Sugars	0 g
Total Fat	0 g 0%
Niacin	16 mg 80%
Proprietary Blend	4.18 g **
† Glutamine (L-Aminoglutaramic Acid), Glycine (Aminoacetic Acid), Gum Guggul (Commiphora mukul 10% extract), Forskolin (Coleus forskohlii 10% extract), EOLA Mineral Blend†	
*Percent Daily Values are based on a 2,000 calorie diet.	
** Daily Value not established	
† EOLA Mineral Blend is a combination of more than 60 naturally occurring minerals, enzymes, electrolytes and bionutrients in a readily assimilated form.	



REGULATE

DIET & EXERCISE – Eat and exercise effectively for **WEIGHT LOSS!**

Get needed protein...easily

P.E. LEAN Protein Mix

Contains 30 grams of the highest-quality protein in every serving! A blend of ion exchange whey protein, soy, egg white, and calcium caseinate that provides essential amino acids for building lean muscle tissue, P.E. Lean is perfect to help those consuming a high-carbohydrate diet that lacks the protein essential for a lean body.

Item code: 11500
735 gram powder

Nutrition Facts

Serving Size: 2 Scoop (49 g)
Servings Per Container: 15

Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Calories 190	Calories from Fat 15	Riboflavin	25%
Total Fat 1.5 g	3%	Niacin	25%
Saturated Fat 1 g	4%	Vitamin B6	25%
Cholesterol 35 mg	11%	Folate	30%
Sodium 160 mg	6%	Vitamin B12	65%
Potassium 90 mg	3%	Biotin	25%
Total Carbohydrate 13 g	4%	Pantothenic Acid	25%
Dietary Fiber 0 g		Phosphorous	20%
Sugars 11 g		Iodine	25%
Protein 30 g		Magnesium	25%
Vitamin A	25%	Zinc	25%
Vitamin C	25%	Selenium	25%
Calcium	25%	Copper	30%
Iron	35%	Manganese	25%
Vitamin D	25%	Chromium	25%
Vitamin E	25%	Molybdenum	25%
Vitamin K	25%		
Thiamin	25%		

*Percent Daily Values are based on a 2,000 calorie diet.



Fat-fighting, balanced, high-protein nutrition

P.E. Bars

Getting the right balance of protein, carbohydrates, and fat isn't easy. Physique Engineering's P.E. Bars help you get the right balance easily. With 16 grams of top-quality protein from whey, soy, egg white, and calcium caseinate, these bars make for a perfect snack or occasional meal replacement. In addition, each bar contains the powerful "three C's" of weight management—CitriMax, chromium, and L-Carnitine.

Peanut Butter Item code: 11505 - 15 bars

Apple Yogurt Item code: 11510 - 15 bars

Peanut Butter

Nutrition Facts

Serving Size: 1 Bar (50 g)
Servings Per Container: 15

Amount Per Serving	% Daily Value*
Calories 200	Calories from Fat 40
Total Fat 4.5 g	7%
Saturated Fat 2 g	11%
Cholesterol 0 mg	0%
Sodium 150 mg	6%
Potassium 55 mg	2%
Total Carbohydrate 22 g	7%
Dietary Fiber 0 g	0%
Sugars 22 g	
Protein 16 g	
Vitamin A	50%
Vitamin C	50%
Calcium	20%
Iron	60%
Vitamin D	50%
Vitamin E	50%
Thiamin	50%
Riboflavin	50%
Niacin	50%
Vitamin B6	50%
Folate	60%
Vitamin B12	50%
Biotin	50%
Pantothenic Acid	50%
Phosphorous	25%
Iodine	50%
Magnesium	20%
Zinc	50%
Copper	60%

*Percent Daily Values are based on a 2,000 calorie diet.

Apple Yogurt

Nutrition Facts

Serving Size: 1 Bar (50 g)
Servings Per Container: 15

Amount Per Serving	% Daily Value*
Calories 190	Calories from Fat 40
Total Fat 4 g	6%
Saturated Fat 2 g	11%
Cholesterol 0 mg	0%
Sodium 160 mg	7%
Potassium 35 mg	1%
Total Carbohydrate 22 g	7%
Dietary Fiber 0 g	0%
Sugars 21 g	
Protein 16 g	
Vitamin A	50%
Vitamin C	50%
Calcium	20%
Iron	60%
Vitamin D	50%
Vitamin E	50%
Thiamin	50%
Riboflavin	50%
Niacin	50%
Vitamin B6	50%
Folate	50%
Vitamin B12	50%
Biotin	50%
Pantothenic Acid	50%
Phosphorous	20%
Iodine	50%
Magnesium	20%
Zinc	50%
Copper	60%

*Percent Daily Values are based on a 2,000 calorie diet.

DIET & EXERCISE

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Dr. John R. Lee

Dr. John R. Lee is a graduate from Harvard and the University of Minnesota Medical School. He is the author of multiple books on women's health and is the most recognized proponent of natural progesterone supplementation. Dr. Lee currently teaches medical professionals around the world as well as lay audiences about hormone balance.

Getting Women in Balance

“Women's health problems clustered under the banner of hormone balance are epidemic and not well addressed by mainstream medicine. Women are emerging from under a cloud of historic medical neglect and are rightly demanding new and more effective approaches.

"I have had thousands of letters and phone calls from women describing the condescending, insensitive attitudes of their doctors in dealing (not very effectively) with their premenopause and menopause problems. A revolution is underway. Despite the lucrative incentives that sustain the present system, change is underway because women demand it.

"Natural forms of hormones, used wisely and in moderation, could be of very real benefit to millions of women. My preference among the various available forms of supplements remains the transdermal route, meaning 'through the skin.'

"Transdermal applications** are absorbed through the skin into the underlying fat layer, from which it diffuses into the capillaries permeating the fat, where it can be taken up in the blood as needed. Creams are very easily and quickly absorbed into the body, so you can apply them almost anywhere with success. The very best absorption areas are areas where people blush; that's where the capillaries are closer to the surface of the skin and more numerous. By that I mean the face, neck, chest, breast, inner arms, and palms of the hands."

John R. Lee, M.D.

Excerpts from "What Your Doctor May Not Tell You About Menopause" by John R. Lee, M.D. (Warner Books, 1995)

Dr. Lee does not endorse any one progesterone cream, nor does he make money from the sale of any progesterone cream.

**with the exception of estriol



NutraSci™

Just For Women



Dr. Rosemary Ennis

Dr. Ennis is the President of the American Association of Health and holds a master's degree in Health Science and doctorate of Philosophy in Nutrition. She is a recognized expert on women's health and has been conducting educational seminars on wellness, age reversal, and adult fitness for 25 years.

As women, we are sometimes controlled by our reproductive hormones. Well, not just sometimes. Most of our adult life may be more accurate. Until recently there was not too much we could do about it. We suffered PMS (premenstrual syndrome), menstrual complications, sometimes pain, pregnancy, post-pregnancy hormone swings, then into menopause and all its ramifications.

After menopause, hormone secretion and reception slows w-a-a-a-y down so we lose much of our vim, vigor, and vitality. Estrogen, progesterone, and androgen production diminishes rapidly and with it, our bone density, our muscle mass, our hair and skin, our ability to maintain ideal weight, our energy and, unfortunately, our desire for physical intimacy. The crazy brain chemistry affecting our hormonal imbalance affects our thinking and our moods. What can we do?

We have the knowledge to send a human being to the moon, but we still know very little about our human bodies. However, one concept seems intuitively knowable, and that is the concept of "balance." The different parts of our body must be regulated to work in harmony with one another and the external environment. For women, gaining control of changing hormones can be one of the more challenging balancing acts of our lives.

Rosemary Ennis, Ph.D.

CELEBRATE THE DIFFERENCES!

E'OLA celebrates and addresses the fundamental differences between men and women by offering health and nutritional products targeted to meet the vastly different needs of both genders. Introducing a line of products just for women and one uniquely designed supplement just for men.

NutraSci™
The Nature and Science of Life

WOMEN'S HEALTH MEN'S HEALTH

Natural progesterone balance

E'pro®

Often problems experienced by menopausal women are attributed to not having enough estrogen when, in fact, the problem is not enough progesterone. Enter E'pro, E'OLA's natural answer to this natural dilemma. E'pro contains increased levels of natural progesterone in an advanced topical cream, as well as botanical ingredients to stimulate the production of progesterone.*

Item code: 11425

2 oz. cream with Liposome Technology



Natural estrogen balance

E'stro®

For women looking for a safe and natural alternative, E'stro provides the highest-quality natural phyto-estrogen available. This advanced topical cream features liposomal technology, which means 50 percent greater absorption of active ingredients.*

Item code: 11415

2 oz. cream with Liposome Technology



The foundation of balancing women's health

E'balance™

Monthly cramps and out-of-control mood swings aren't necessarily an inevitable part of being a woman. E'balance, the hub of E'OLA's line of products just for women, is formulated to assist the body in maintaining hormonal stability. With regular use, the ingredients in E'balance may help decrease symptoms of PMS, relieve hot flashes and night sweats, stabilize mood, and lessen discomforting menstrual cramps. The all-natural ingredients in this amazing formula work in harmony with your body to manufacture and balance hormone levels to produce feelings of well-being, confidence, and control.*

Item code: 11411

60 capsules



"The 'Just for Women' products have changed my life. For 10 years I suffered from explosive mood swings and experienced episodes of severe pain. I cannot tell you how thankful I am that I am not suffering like I used to."

Alice Fountain

Feel at your peak

E'OLA Enhance™

Besides estrogen and progesterone, women need androgens for balanced hormones, E'OLA Enhance offers androgens necessary for efficient weight loss, improved muscular strength, increased stamina and energy, improved sex drive, and greater bone density.*

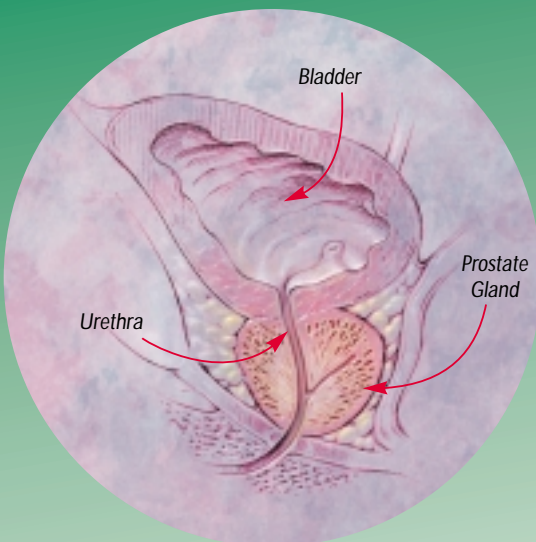
Item code: 11421

2 oz. cream with Liposome Technology



Prostate Health

As men age, they commonly experience an enlargement of the prostate (benign prostatic hypertrophy). This can lead to pressure on the urethra and bladder, which interferes with urination, precipitating urinary retention and poor kidney health. MP Max is the ultimate formula supporting urinary tract health in men.



Maximum prostate health

MP Max™

Once a man hits 40, his chances of having prostate problems increase substantially. MP Max is specially formulated to enhance prostate health and proper urine flow. Each serving contains over 600 mg of an 8-to-1 concentrate (over 32 times more than the previous formula) of saw palmetto – the most studied herb for prostate health. When combined with pygeum, lycopenes, pumpkin seeds, and nettle root, a powerful synergistic combination results in maximum prostate health.*

Item code:

11445

60 capsules



Supplement Facts

Amount Per Serving		% Daily Value
Total Carbohydrate	1 g	< 1%**
Saw Palmetto (berry) 8:1 (45% fatty acids)	604 mg	†
Proprietary Blend	350 mg	**
Pumpkin (seed) (Cucurbit pepo), Pygeum (bark) (Pygeum africanum), Tomato (fruit) (Lycopersicon lycopersicum), Nettle (root)		

* Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value not established

Other ingredients: Gelatin, Millet flour, Magnesium stearate, Silicon dioxide.

Quality, Potency, Satisfaction – Guaranteed

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

LIPOSOME TECHNOLOGY



Dr. Brian Keller

Dr. Brian Keller has a degree in Biology and a doctorate in Pharmacy and is a member of the American Association of Pharmaceutical Scientists and the American Association for the Advancement of Science. Dr. Keller is recognized throughout the world as an expert in liposome technology.

Customized, Targeted Delivery System

Liposome technology (see ill. 1) allows the delivery of active ingredients exactly where you want and for a longer period of time. By custom designing individual liposomes, the active ingredients can be delivered exactly to the specific tissues desired.

For example, when utilized internally with Lipo-AMP and Lipo-THIN, these full tiny bubbles pass directly into your bloodstream through the capillaries in your mouth (see ill. 2), and they carry the enclosed nutrients right inside. Because these liposomes are multilayered, in effect they engage a "time release" capability with staying power—the perfect transporting vehicle. Liposomes are like an onion; as each outer layer of soy lecithin peels away, an inner layer of the nutrient is released.

In contrast, because of the nature of how they work, some products need to be deposited into the fatty tissue layers of the skin.

E'OLA introduced its new topical women's balancing line consisting of E'pro, E'stro, and E'OLA Enhance with the patented Liposome Technology Advantage for enhanced delivery. For products that need to be deposited in tissues that are deeper, such as joint and joint connective tissue (as in our exciting new IntegritE® Max Cream), custom-designed liposomal technology again proves its worth for maximum penetration (see ill. 3).

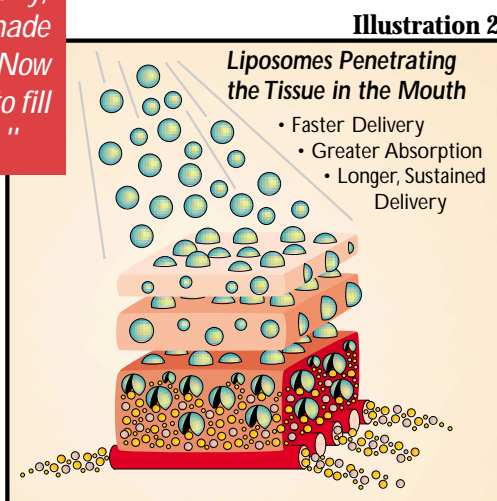
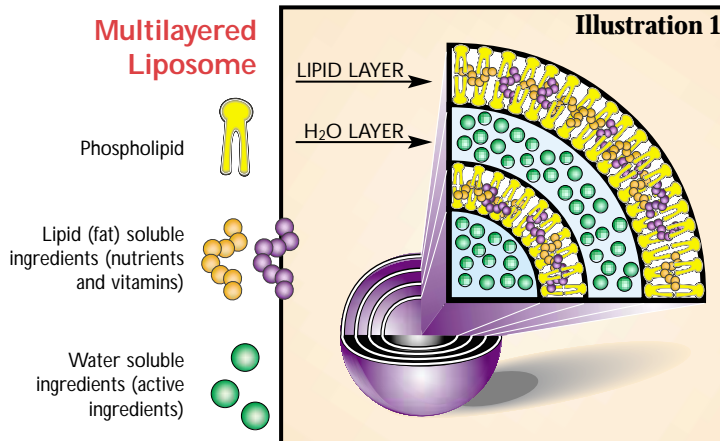
Beware of "Knockoffs"

This is a time of great excitement for liposomal technology, and as with any new discovery, you must be aware of "knockoffs" or bogus liposomal products. E'OLA's products are manufactured by the original developer of this technology using the original formulation patents.

If you see the words Liposome Technology Advantage on the label, you know you are receiving scientifically developed liposomes specifically designed to enhance the formula whether for use internally or externally.

—Dr. Brian Keller

"Liposome technology utilizes the creation of billions of tiny, microscopic 'bubbles' that are made from natural soybean lecithin. Now scientists have discovered a way to fill liposome bubbles with nutrients."



Transmucosal Section View

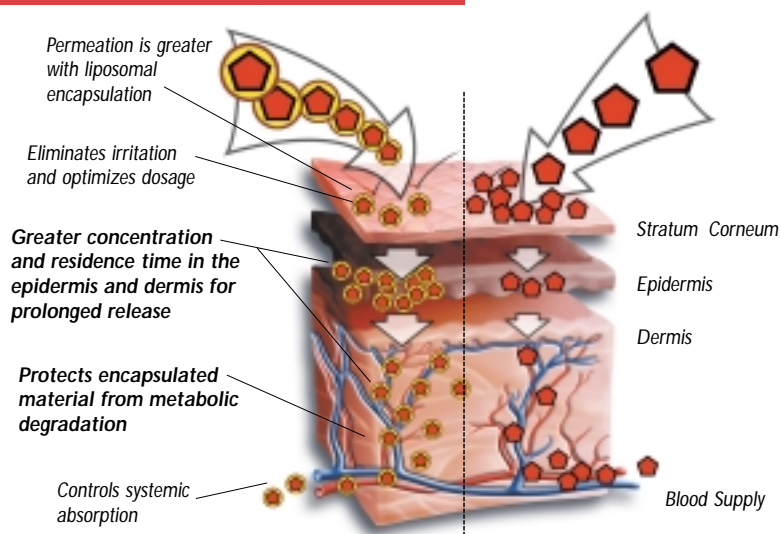
The patent-pending liposomes are able to penetrate the mucosal tissue.

Greater concentration in submucosal tissue raises the active ingredients' concentration in the bloodstream.

Transmucosal absorption of liposomes and subsequent release of active ingredients into the bloodstream.

Example of the specialized Liposome Technology Advantage in INTEGRITÉ MAX CREAM

Common Lotions, Gels, etc.



RELIEF FROM PAIN

JOINT HEALTH

Maximum, fast pain relief **IntegriTE® Max Cream**

For fast and effective relief of minor pain and symptoms associated with arthritis, bursitis, carpal tunnel syndrome, gout, backache, or fibromyalgia, reach for IntegriTE Max Cream. This homeopathic remedy is a soothing cream that provides almost instantaneous relief when applied directly to the problem area. Formulated to work in partnership with IntegriTE Max Capsules, this topical cream utilizes Liposome Technology Advantage, which means higher concentrations of active ingredients, sustained release of those ingredients over a longer period of time, and 10 times greater absorption. No wonder everyone is raving about the powerful relief they enjoy when using IntegriTE Max Cream.

Item code: 11407
2 oz. cream



Available in sample size!

Pain-Free Joints Make Life Worth Living

In my practice, I personally see hundreds of patients every year who are looking for a REPRIEVE FROM PAIN associated with ARTHRITIS, BURSITIS, or other conditions involving JOINT INFLAMMATION. They are shocked when I tell them about what some natural ingredients can do to not only RELIEVE PAIN, but actually STRENGTHEN AND BUILD HEALTHY JOINT TISSUES.

Here are examples of just two of the POWERFUL JOINT-NOURISHING INGREDIENTS included in the IntegriTE® Max capsule and cream combination:

THE POWER OF GLUCOSAMINE SULFATE

This substance is a combination of sugar and the amino acid glutamine. It is an essential building block for many tissues and has been shown to stimulate cartilage cells to produce proteoglycans maintaining a strong, well-lubricated joint surface.¹ It also possesses mild anti-inflammatory properties by counteracting other pro-inflammatory and tissue damaging activity such as that caused by free radicals.²

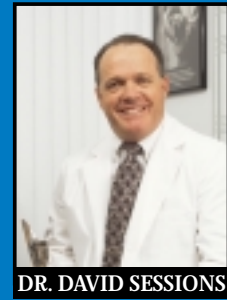
MIRACULOUS MSM

MSM, or methyl-sulfonyl-methane, is a natural form of sulfur. It is needed to form many proteins including collagen, the protein in connective tissue. MSM helps to strengthen vital connective tissue and manage inflammatory responses.

My patients who have found the greatest relief use both IntegriTE Max Capsules and Cream. The capsules are a very potent source of multiple joint-nourishing ingredients designed to PROMOTE HEALTHY CARTILAGE AND STRENGTHEN CONNECTIVE TISSUE. The IntegriTE Max topical cream utilizes PENETRATING LIPOSOME TECHNOLOGY to deliver homeopathic ingredients for the temporary RELIEF OF PAIN DUE TO ARTHRITIS-LIKE CONDITIONS.

Increasing your body's ability to build healthy joint tissues, sooner rather than later, IS THE BEST WAY TO COMBAT THE INEVITABLE WEAR AND TEAR THAT LIFE PUTS ON YOUR JOINTS.

Dave Sessions,
Doctor of Chiropractic



DR. DAVID SESSIONS

References:

1. Bassler C, Reginster J.Y., & Franchimont P. "Effects of Glucosamine on Differentiated Human Chondrocytes in Clusters." Ref Esp Reumatol, 1993, 20 (suppl 1)Mo95 (abs).
2. Setniker 1, et al. "Anti-reactive Properties of Glucosamine Sulfate." Arzneim-Forsch, 1991, 41:157-161.

"IntegriTE Max Capsules and Cream have improved my arthritis pain 100 percent! I can tell in a day or two that if I don't take them, my pain is back."
-Marilyn Kern

"I can't remember the last time that I didn't have some sort of pain in my back and legs. But after faithfully taking IntegriTE Max Capsules and Cream for two weeks, my pain was gone! I got cold chills when I realized these products were actually helping me!"

-LaVonna Goodbar

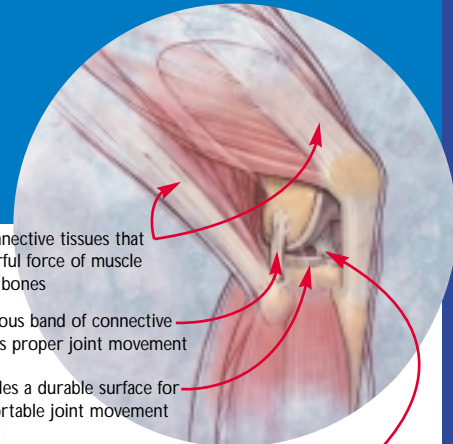


Supplement Facts	
Serving Size: 4 Capsules Servings Per Container: 30	
Amount Per Serving	% Daily Value
Glucosamine Sulfate	1500 mg *
MSM (MethylSulfonylMethane)	750 mg *
Proprietary Blend	480 mg *
Boswellia (Bark) (Boswellia Serrata), Sea Cucumber, L-Cysteine, Horsetail (shoots) (Equisetum Arvense), Bromelain.	
* Daily Value not established	
Other ingredients: Rice Flour, Gelatin, Magnesium Stearate.	

Rebuild cartilage & strengthen connective tissue **IntegriTE® Max Capsules**

Improve flexibility and range of motion. IntegriTE Max Capsules contain glucosamine and MSM, ingredients that have been shown to be beneficial and effective in repairing cartilage and lubricating joints. Both glucosamine and MSM have garnered solid research and clinical support during recent months. In fact, it's not uncommon to see articles about glucosamine in medical journals and other health care publications. Formulated to work in close companionship with IntegriTE Max Cream (the quick answer to joint pain), IntegriTE Max Capsules provides long-term support for healthy joints. This proprietary product alleviates troublesome joint function by stimulating the body's own regeneration of healthy joint tissues.*

Item code: 11373
120 capsules



Tendons – the connective tissues that transmit the powerful force of muscle contraction to the bones

Ligaments – a fibrous band of connective tissue that supports proper joint movement

Cartilage – provides a durable surface for cushion and comfortable joint movement

Synovial Fluid – critical to cartilage nutrition and joint lubrication for easy movement

TARGETED NUTRITION

A U.S. Department of Agriculture survey reveals that out of 20,000 people questioned, none consumed the basic Recommended Daily Allowance (RDA) of ten vitamins and minerals being studied.

"Busy lifestyles, polluted environments, fast-food restaurants, and nutrient-poor soil all add up to lousy nutrition, a plague that could be as damaging to our health as some of the more recognizable health challenges we've faced through the centuries. This plague doesn't have to affect thousands, though. Basic supplementation with high-quality products can go far in helping us feel healthy and happy."

- Dr. Les Griffith, N.D.



"I can't believe the difference I feel with E'OLA Pak. Since taking it, I have much more energy and an overall feeling of wellness. It is the most comprehensive and well-rounded vitamin, mineral, and antioxidant product I've ever taken. I'll never switch!"
-Jonathan Betzold



Supplement Facts

Serving Size: 7 Capsules
Servings Per Container: 30

Amount Per Serving		% Daily Value
Vitamin A (as Palmitate)	12500 IU	250%
(40% as Beta-Carotene) (mixed carotenoids)		
Vitamin C (as Ascorbic Acid)	1000 mg	1667%
Calcium (as Calcium Carbonate)	1000 mg	100%
Iron (as Ferrous Fumarate)	10 mg	100%
Vitamin D (as Cholecalciferol)	667 IU	167%
Vitamin E	400 IU	1333%
(as d-Alpha Tocopheryl Succinate)		
Vitamin K (as Phytonadione)	50 mcg	66%
Vitamin B1 (Vitamin B1)	75 mg	5000%
(as Thiamin Monohydrate)		
Riboflavin (Vitamin B2)	75 mg	4412%
Niacin (80% as Niacinamide)	150 mg	750%
Vitamin B6 (as Pyridoxine HCl)	75 mg	3750%
Folic Acid	800 mcg	200%
Vitamin B12 (as Cyanocobalamin)	1000 mcg	16,667%
Biotin	200 mcg	67%
Pantothenic Acid	150 mg	1500%
(as D-Calcium Pantothenate)		
Phosphorus	30 mg	3%
(as Phosphorus Proteinate)		
Iodide (as Potassium Iodide)	100 mcg	67%
Magnesium (as Magnesium Oxide)	300 mg	125%
Zinc (as Amino Acid Chelate)	10 mg	67%
Selenium (as Amino Acid Chelate)	100 mcg	143%
Copper (as Amino Acid Chelate)	1 mg	50%
Manganese (as Amino Acid Chelate)	2 mg	100%
Chromium (as Amino Acid Chelate)	100 mcg	83%
Molybdenum (as Amino Acid Chelate)	10 mcg	13%
Boron	2 mg	*
Pine (Bark) Extract	5 mg	*
(as Pinus Maritimus)		
Grape (Seed) Extract	40 mg	*
Green Tea Extract	100 mg	*
Alpha-Lipoic Acid	35 mg	*
E'OLA Mineral Blend	10 mg	*

*Daily Value not established
Other Ingredients: Potassium Chloride, Silica, and Magnesium Stearate

Nutrition children love NutraBears™

Children are notorious for being picky eaters, but their poor eating habits don't have to mean poor health. E'OLA's NutraBears are a 100-percent, all-natural way to ensure that your children are getting crucial vitamins, minerals, and phytonutrients. Each fun, chewy little NutraBear contains nutrients from 14 fruits and vegetables.*

Item code: 11255 78 NutraBears



"As a mom, I feel confident that my children are getting all their fruits and vegetables. We have three boys, and our sports schedule is hectic. With NutraBears, I know the boys are getting the valuable nutrition they need to grow strong."
Dori Seamans

"I like NutraBears. They are way better than the old crunchy vitamins Mom used to get!"
David Seamans, Age: 11

A daily dose of good nutrition E'OLA Vitamin®

Good health starts with the basics, and E'OLA Vitamin is a solid source of vitamins and minerals that meets and often exceeds current RDAs. This highly absorbable formula provides important nutrients your body needs to function well.*

Item code: 11205
90 capsules

Essential B's for everything your body needs B Complex

From nerve to muscles and metabolism to digestion, B vitamins play crucial roles in health and nutrition. Our B-Complex contains powerful amounts of Vitamins B1, B2, B5, B6, B12 as well as niacin, biotin, ginseng, licorice root, and more to reduce the daily stress your body faces.*

Item code: 11240
60 tablets

High-potency vitamin, mineral & antioxidant formula E'OLA Pak®

A core product for great health and nutrition, the E'OLA Pak provides essential vitamins, minerals, phytonutrients, and antioxidants to ensure you look and feel your greatest. Your body is amazing, made to almost miraculously heal itself of many health challenges. Unfortunately, today's stressful lifestyle and nutrient-deficient diet don't provide the body with basic material it needs to perform at its best. The E'OLA Pak® makes supplementation quick and easy; in one simple step you're providing the foundation your body needs to do what it was made to do.*

Item code: 11300
30 packets (7 capsules each)

Chewable, non-acidic, better-absorbed vitamin C Ester-C® 250

Combined with immune-enhancing zinc, this patented chewable vitamin is non-acidic (won't harm your tooth enamel) and better absorbed by the body than other forms of Vitamin C. Vitamin C is known for its powerful antioxidant activity.*

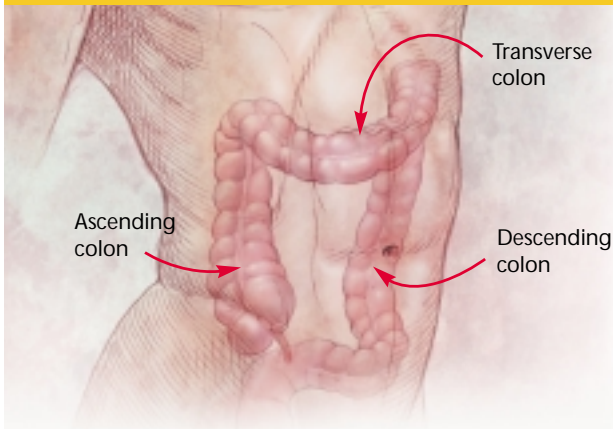
Item code: 11280
100 tablets
Ester-C® is a licensed trademark of the Inter-Cal Corporation.

Superior calcium delivery and absorption Calcimin®

Calcium is essential for strong bones and great teeth, as well as a key component in helping to prevent osteoporosis. Even normal nerve and muscle function are tied to adequate calcium. Calcimin's chelated calcium means greater absorption (four times higher than normal calcium). E'OLA's patented source of calcium also contains Vitamin D, magnesium, and other key ingredients that work in concert to guarantee the best calcium delivery and absorption available.*

Item code: 11235
90 capsules

TARGETED NUTRITION



Gentle, everyday colon health *Digest-A-Cleanse*[®]

Eliminating health and nutritional problems often comes down to simply that—elimination. Myriad challenges arise when toxins and other harmful waste build up in the colon. Digest-A-Cleanse provides fiber from psyllium husks as well as friendly bacteria, enzymes, and other natural ingredients that detoxify your system and help maintain normal bowel function.* This unique formula is gentle enough for use every day.

Item code: 11140 90 capsules



34 fruits & vegetables in a single capsule *Life Juice*[®]

Now you can get the power of 34 fruits and vegetables in a single serving! Most of us don't even come close to consuming adequate amounts of these practically perfect foods. E'OLA's Life Juice is one of the easiest sources of these essential nutrients, providing vitamins, enzymes (the catalysts for literally every biochemical function that occurs in the body), minerals, and phytonutrients from 34 fruits and vegetables (a third more than the original Life Juice). Life Juice is made from the highest-quality, vine-ripened fruits and vegetables; you won't find anything closer to the whole living fresh fruits and vegetables.*

Item code: 11216 90 capsules



Essential antioxidant support *Pynogemin*[®]

Pynogemin combines the leading antioxidants into one convenient capsule. Antioxidants scavenge free radicals that have been linked to a large portion of the health challenges we face. To make things worse, we are surrounded by free radicals—we can't escape them. They're in the air we breathe and the food and water we consume. Antioxidants are the only way to fight these dangerous invaders, and E'OLA's Pynogemin is one of the most powerful antioxidant formulas you can find. Protect your organs and cells against free radical damage with this combination of Vitamins A, C, and E, pine bark and grape seed extracts, and curcumin.*

Item code: 11220 60 tablets



Maintain healthy cholesterol *Cardio 180*[™]

Everybody knows that high cholesterol may contribute to heart disease and other serious health problems. E'OLA's Cardio 180 is formulated with natural ingredients to help the body maintain cholesterol levels that are already within normal range.*

Item code: 11330 1 oz. liquid

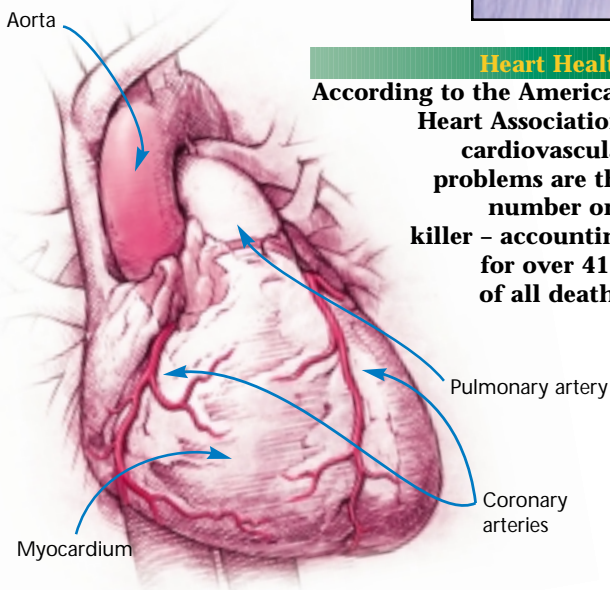
"Cardio 180 has improved my health beyond my expectations!"
-Tommy Gros



More benefits of garlic with less odor and taste *Bio-Gar*[™]

Known for its support to the circulatory and immune systems, garlic is one of nature's premier herbs. Bio-Gar is formulated utilizing a proprietary process that allows 600 mcg of allicin (considered the most active ingredient in garlic) to not activate until reaching the small intestine. Maximum absorption and reduced odor and taste are the results of this advanced processing method.*

Item code: 11265 30 tablets



Heart Health
According to the American Heart Association, cardiovascular problems are the number one killer - accounting for over 41% of all deaths.

Restful sleep - naturally *E'OLATONIN*[®]

If you're not sleeping well, chances are you're not feeling well; sleep is when our bodies regenerate and renew. E'OLATONIN contains double the melatonin found in similar supplements. Melatonin is the hormone that regulates your body clock, making it the perfect natural aid for a good night's sleep. E'OLA's liquid formula means faster, more effective delivery of this key nutrient.*

Item code: 16120 1 oz. liquid



IMMUNE SUPPORT

One little system battling literally thousands of vicious invaders. Sounds like the makings of an action film, but in reality the plot plays out every day in each of our bodies. Our immune systems carry a tremendous load, yet somehow manage to emerge conquerors most of the time. However, any assistance or help we can provide certainly can't hurt. E'OLA products offer plenty of immune system reinforcement.

High-powered immune support

Viva Cell® Plus



Feel a tickle in your throat? Notice a little snuffle? Your body's ability to defend itself depends on the strength of your immune system. Viva Cell Plus, which contains larch tree extract (a natural ingredient Dr. Les Griffith calls "super echinacea"), bolsters your body's immune system, making it stronger and more sensitive to invaders. This proprietary formula also stimulates the body's ability to generate white blood cells, or the body's immune system warriors. Take it every day for ever-present immune system support.*

Item code: 11401
90 capsules

Supplement Facts

Serving Size: 3 Capsules
Servings Per Container: 30

Amount Per Serving	% Daily Value
Proprietary Blend	2125 mg
* Arabinogalactan (larch occidentalis) (tree), Bladder-wrack (herb), Pau D'Arco (bark), Cat's Claw (Uncaria Tomentosa) (bark), Astragalus (root), Thymus Gland Extract.	

* Daily Value not established

Other ingredients: Rice flour, maltodextrin, magnesium stearate and gelatin.

The most powerful silver supplement you can buy

Ultra S®

For those who enjoy the benefits of supplementing with silver, Ultra-S takes it to a whole new level. The patented manufacturing process used in creating this unique formula makes Ultra-S much more effective by supercharging the silver particles. This university-studied formula is the most powerfully charged colloidal silver on the market.

Item code: 11363
8 oz. liquid

Supplement Facts

Serving Size: 1/2 teaspoon
Servings Per Container: 48

Amount Per Serving	% Daily Value
Silver	25 mcg

* Daily Value not established



More of what you take aloe for

Aloe-Min™

Nutrition Facts

Serving Size: 1 fl. oz. (30 ml)
Servings Per Container: 32

Amount Per Serving	% Daily Value
Calories 12	Calories from Fat 0
Total Fat	0 g 0%
Saturated Fat	0 g 0%
Cholesterol	0 mg 0%
Sodium	10 mg 5%
Potassium	35 mg 1%
Total Carbohydrate	3 g 1%
Dietary Fiber	0 g 0%
Sugars	3 g 1%
Protein	0 g 0%
Vitamin A	0%
Vitamin C	0%
Calcium	12%
Iron	20%
Manganese	6%
Molybdenum	5%
Aloe Vera	13.6 g **
(From Aloe Barbadosis Miller Plant)	
E'OLA Mineral Blend	118 mg **

* Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value not established.

Other ingredients: Water, Fructose, Natural Flavors, Citric Acid and Sodium Benzoate.



One of E'OLA's core nutritional products, Aloe-Min is a concentrated, high-potency aloe and trace mineral supplement. It strengthens and enhances the body's immune system, making it easier to fight off everyday common invaders as well as more formidable health challenges. In addition to its immune-enhancing abilities, this delicious fruit-flavored drink promotes normal tissue growth and repair. E'OLA manufactures its aloe vera in a patented extraction process that maintains the integrity of the whole aloe leaf; the formula also contains more than 60 trace minerals.*

Item code: 11176 32 oz. liquid

MENTAL SUPPORT

Mental Performance

Staying sharp and focused with an ability to concentrate are signs of healthy mental performance. And that's not all—a clear mind and elevated mood can make looking on the bright side a whole lot easier. New discoveries have revealed that proper nutrition and specific nutrients may play a key role in mental health. Smart Longevity and St. John's Wort are two products devoted to heightening mental performance.*

Sharpen your mind *Smart Longevity*[®]

Want to be smarter longer? The name says it all! This concentrated blend of herbs and vitamins features ginkgo biloba, an herb gaining international recognition for its amazing abilities to keep the mind alert and acute, even as we age. Called the "smart herb" because of its ability to increase oxygen flow to the heart and brain and aid in mental functioning, ginkgo biloba joins forces with ginseng, DMAE, choline, and vitamins E and C (all nutrients for the brain) to promote overall good health, longevity, mental alertness, and balance. Smart Longevity is perfect for both young and old.*

Item code: 11355
1 oz. liquid



A natural mood booster *St. John's Wort*

Known to provide relief to those suffering stress or frustration, this natural mood enhancer offers a safe and effective alternative for individuals striving to look on the bright side. Experience the natural support for a normal healthy attitude.*

Item code: 11450
60 capsules



Remove Visible Cellulite!

NEW!



*T*one, firm, and improve the appearance of skin in areas prone to fat accumulation. Fat cells are found nearly everywhere in the body, but unwanted accumulations often occur in the thigh, stomach, and hip areas. These subcutaneous (beneath the skin) deposits often become excessive and can even cause the skin to dimple. The unique formula of Smooth Effects combines with a patented liposome delivery system that reduces the appearance of fatty deposits beneath the skin. Make your body a work of art with this advanced body sculpting formula.

Item code:
13186
4 oz. cream with
Liposome
Technology

E'OLA[®]
INTERNATIONAL

Quality, Potency, Satisfaction - Guaranteed

15

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

Joints Feeling a Little Rusty?

Stiff, sore, aching joints can be a thing of the past with the latest discoveries to battle joint pain!

Enjoy maximum pain relief from conditions such as arthritis, bursitis, carpal tunnel syndrome, gout, backache, fibromyalgia, and more with **IntegritE® Max Cream!**



Improve flexibility and range of motion! **IntegritE® Max Capsules** contain a proprietary formula including Glucosamine and MSM that alleviates troublesome joint function by actually rebuilding cartilage and strengthening connective tissues!*