

The Real Reason You're Losing Muscle Mass as You Age — and How to Stop it and Even Reverse It

INSIDE THIS ISSUE:

■ The great whey protein hoax.

Why protein powders are not the best way to build lean body mass ... and what you should take instead to stay fit, trim, and healthy. Page 12, inside.

■ The easiest way to get younger-looking skin and hair.

No creams or lotions. Surprising results of landmark study. Page 8, inside.

■ The missing link to stronger bones.

Calcium and other minerals won't help you ... unless you also do this. Page 8 inside.

■ How to heal your injuries faster... and improve endurance, too.

Case studies of weight lifters, cyclists, and triathletes who are in their 60s and 70s. Starting on page 2, inside

■ The little-known connection between muscle loss and digestive problems.

And how to fix both by doing one simple thing. Page 5, inside.

■ Why a high-protein diet can make you fat!

Plus ... what to do instead for healthy weight loss. Page 4, inside.

The average person loses 30% of their muscle mass by the time they're 60. But thanks to a new breakthrough, you can stay strong and independent as you age — and even have *more* muscle than you did when you were younger!

By Frank Shallenberger, MD



Frank Shallenberger, M.D.

If you'd like to stay strong and independent as you age, then listen to the story of my friend David Minkoff.

David is a doctor. He's also a "health nut." He exercises daily. He watches what he eats. And he uses anti-aging treatments like oxidative medicine and bio-identical hormone replacement. So you'd think he would have no trouble staying strong and youthful.

But despite David's health regimen, he noticed that he started losing muscle mass as he got older. And he couldn't seem to stop it. Even worse, he started getting more injuries when he exercised.

One time, he pulled a hamstring muscle and could not get it to heal. He tried chiropractors, acupuncture, body work, and more. But nothing worked.

Then David came across an amazing breakthrough that changed his life forever. Within 4 weeks of using this

(Continued on next page...)

breakthrough, **David healed his hamstring injury completely. Even more amazing, he put on 12 pounds of lean body mass!** And he did it *without* exercising more or changing anything else about his lifestyle!

Today, David is 70 years old and he's in better shape than people 30 years younger. His muscles are strong. His abs are flat and hard. His body fat percentage is only 8%. And he competes in Ironman triathlons!



You've probably heard of the Ironman. It's a race that consists of a 2-mile swim, a 112-mile bicycle race, and a 26-mile marathon. And there is no break between the three parts of the race.

David has completed over two dozen triathlons. And if you go to his office, you'll see a wall full of the trophies, medals, and ribbons he won from these competitions.

David's Secret

So what was this breakthrough that caused David to not only stop his muscle loss but actually reverse it? Believe it or not, it's *protein*. Yes, protein.

But David didn't get his amazing results by

eating more protein or drinking protein shakes. No, he got those results by getting his body to *make* more protein!

Yes, David got his body to make more protein. And in a moment, I'm going to show you exactly how he did it. But first, let's review why proteins are so important.

Proteins form your muscles, bones, skin, and hair. They form the connective tissue that holds you together. They even make up the "messengers" in your body ... including your hormones, your immune cells, your enzymes, and your brain chemicals.

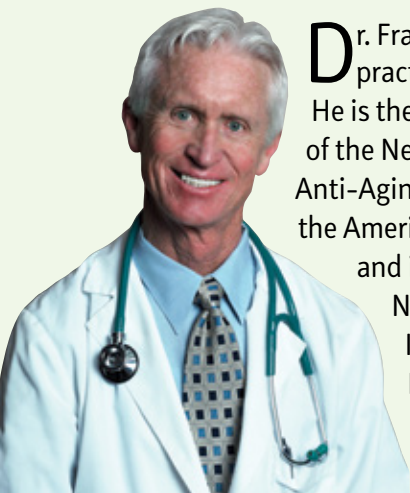
Think about what that means. If you don't have enough proteins, you lose muscle mass. Your hair gets brittle and your skin sags. Your bones become weaker. Your immune system becomes sluggish.

But that's not all. Your sex drive suffers. You become anxious or depressed. You become more likely to fall and suffer a hip fracture ... and less likely to recover from one.

I'm sure you can see why proteins are so important ... and why not having enough can be bad for your health.

So where do all these important proteins come from? Most people think they come from the diet. But that's not entirely accurate. The truth is that proteins are made by your body. But your diet is important, because it supplies amino acids, which

About Frank Shallenberger, MD, HMD



Dr. Frank Shallenberger has been a practicing medical doctor for 45 years. He is the founder and medical director of the Nevada Center for Alternative and Anti-Aging Medicine. He is president of the American Academy of Ozonotherapy and is also a past president of the Nevada State Homeopathic and Integrative Medicine Association. He has served as a Clinical Instructor in Family Medicine at the University Of California

School Of Medicine in Davis, California.

Dr. Shallenberger is a pioneer in alternative medicine. He's invented several natural therapies, including Bio-Energy Testing®, Prolozone® and CheZone™. And he's trained over 5000 doctors in the use of these therapies. He's published many scientific research papers, and written the books *Bursting With Energy* and *The Type 2 Diabetes Breakthrough*. He is also the editor of the popular health advisory *Second Opinion* and past editor of *Real Cures*.

Dr. Shallenberger is compensated by Advanced Bionutritionals for his work in formulating and endorsing this product.

The Great Whey Protein Hoax

If you take whey protein powder to build muscle, I have some news that may surprise you. Research shows that most of the protein in whey powder does *not* build muscle ... and may actually be making you fat!

Here's the story:

Whenever you consume any kind of protein, some of that protein is used by your body to build muscle, and some if it is turned into glucose to burn for energy.

How much of it is used for muscle and how much is turned into glucose? Well, that depends on what kind of protein you're taking.



Scientists have studied all the types of dietary protein and measured how much of the protein is utilized by the body. And what they've found is that whey is one of the *worst* protein sources. In fact, only 17% of whey protein is utilized by the body, and the other 83% is turned into sugar!

But here's good news: there is a protein source that is 99% usable by the body. People who consume this protein source are reporting greater muscle mass, less fat, thicker skin and nails, and more. You'll find out all about it in the accompanying article, beginning on page 1.

are the building blocks that create proteins.

How It Works

Let's say you're eating a protein source like meat or fish. This meat or fish goes into your stomach and begins to get digested. Your digestive system then breaks down the protein into amino acids.

Those amino acids then go through your small intestine and into your bloodstream. And from there, they are distributed throughout the body.

The body then takes those amino acids and uses them to make whatever proteins it needs. Some of the amino acids are made into muscle. Some of them are made into organ cells. Some of them are made into hormones. And so on.

The Dietary Protein Trap

However, not all the amino acids get turned into

proteins. Some of them are turned into glucose and are burned for energy.

This is a remnant of our caveman days. When we were cavemen, food was scarce. So we needed to be able to get energy regardless of what food we ate.

Berries? No problem. They contain carbs that are burned for energy. Nuts? They contain fats that are burned for energy. Freshly killed squirrel? Some of the protein in the meat is turned into lean body mass ... and the rest of it is turned into glucose for energy.

How to Tell

So how can you tell if your body is using the protein for muscle or if it's turning it into excess

(Continued on page 5...)

Protein

Sugar

Athletes Confirm: PerfectAmino Boosts Energy, Strength, and Stamina

■ Cherie Gruenfeld, triathlete, age 74



"I've used PerfectAmino for 14 years. During that period, I've been able to maintain a consistent training program, even now at age 74. Last season I raced a number of triathlons, including Texas, Honu, and Vineman, winning my age group in all three events. PerfectAmino is my silver bullet. I use it before and after every workout and race. I may be 74, but I have no plans of backing off or taking it easy."

■ Luis Enrique, professional cyclist

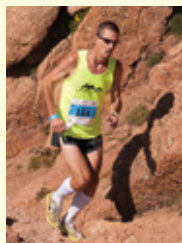


"I broke my leg during my first race in Europe, right before an Olympic year. My coach told me about PerfectAmino, and it helped me recover faster from my injury before my leg was strong enough to train. Then once I was on the bike again, PerfectAmino helped me build up muscle and get my strength back. Six months after I broke my leg, I became an Olympic athlete."

■ Catherine Matsalla, athlete and Ironman Certified Coach



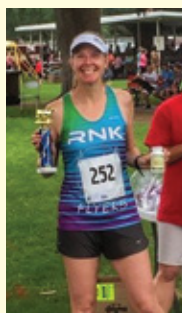
"As an older athlete, I was struggling with recovery and injuries. Then I heard about PerfectAmino on a podcast, and I decided to try it. I went on to win my first full Ironman competition. I was elated, but I was having trouble sitting and standing. I decided to take an extra dose of PerfectAmino. When I woke up the next morning, I didn't have muscle pain anymore. I wish I had a billboard to tell other athletes about PerfectAmino."



■ CJ Hitz, runner and coach

"I've competed in over 150 races, ranging from road 5Ks to trail 50Ks. I take PerfectAmino to recover faster after a workout and to reduce soreness. I'll also take it before going to bed as added recovery while I sleep. I highly recommend PerfectAmino to everyone."

■ Sarah Cottle, marathon runner



"My goal is to be a runner until the day I die. And I know recovery is important part of reaching that goal. After I heard about PerfectAmino on a podcast, I wanted to see what it would do for my body. After taking it, I saw that my resting heart rate didn't spike after a hard workout like it previously did. And when I got out of bed in the morning, my legs felt fresh. As an added bonus, my body was becoming more toned, even though I was doing the same strength workout. The biggest payoff was that I ran the St. George Marathon 3 hours and 20 minutes. I had been chasing that time for years! I believe that PerfectAmino helped me train harder and recover faster to reach that goal."

■ Christopher Alexander, athlete

"My doctor recommended PerfectAmino to help me recover better after workouts. After taking it, I noticed I was getting more muscle — without feeling sore! And I was running races at distances I wasn't able to do before. When I did the Tough Mudder, a 12-mile obstacle course race, I completed it faster than a lot of guys half my age. I highly recommend PerfectAmino."

Results may vary.

(...continued from page 3)

glucose? Scientists have answered this question.

You see, amino acids contain nitrogen. And when amino acids are turned into proteins, the nitrogen remains in your body as part of the protein. But when amino acids are converted into sugar, the nitrogen is released and passes through to your urine.

So if you want to know if your food is being turned into protein or sugar, all you have to do is measure the amount of nitrogen in your urine!

This measurement is called **Amino Acid Utilization, or AAU**. Here's how it works:

If a dietary protein has an AAU of 100%, it means that there is no nitrogen in your urine and that the body is using 100% of the amino acids in that food to build body protein. That's great!

On the other hand, if a protein source has an AAU of 10%, that means your body is only using 10% of the amino acids to make body protein. That means your body is turning 90% of those amino acids into sugar. Not good!

So what's the best source of dietary protein, with the highest AAU? Scientists found that it's breast milk, with an AAU of 49%. That makes sense, because babies need an efficient source of dietary protein. But we're not babies, so what's the next best source of protein?

The next best source of protein is whole eggs. Whole eggs have an AAU of 47%. But it has to be the whole egg. If you eat egg whites like many so-called health experts tell you to do, you will only get an AAU of 17%. Why? Because egg yolks contain the essential amino acid *methionine*. Take out the yolk, and you seriously limit the egg's protein-building value.

After whole eggs come meat, poultry, and fish. They're all equal, with an AAU of 32%. But it really goes downhill from there.



The Truth About Protein Shakes

You know all those expensive protein powders? They're supposed to be so great at building muscle. But if they're your go-to source of protein, you may be disappointed. Protein powders have an AAU of just 17%. This includes protein powders made from soy, dairy, and even eggs. An AAU of 17% means that 83% of the protein is turned into sugar.



And finally, how about spirulina, a popular protein supplement made from algae? Depending on the brand, spirulina has an AAU from 0% to 6%. It's practically worthless as a protein source.



So let's go back to the original problem. Why do people lose so much lean body mass as they get older? There are 3 main reasons:

The first reason is that they're not eating enough protein. The second is that they are eating the wrong sources of protein. And the third is that they are not *digesting* their protein. You see, it's not enough to eat the right proteins; you also have to digest those proteins and break them down into amino acids.

Unfortunately, the older we get, the weaker our digestive systems tend to be. We make less stomach acid and digestive enzymes. And this can cause a downward spiral.

Remember earlier when I mentioned that enzymes are actually proteins? Well, if you're protein-deficient, it stands to reason that you would not make enough digestive enzymes. That means that you would not digest your food properly. This would make you even more protein-deficient ... which would lead to even lower enzyme production. And so on.

But what if you didn't have to rely on your digestive system to build protein? What if you could

(Continued on next page...)

skip that part of the process entirely and just take amino acids? The amino acids would go directly into your bloodstream. They would then be used to build muscle, bone, connective tissue, hormones, enzymes, and more.

Well that is exactly what my friend Dr. David Minkoff did. He took amino acids orally.

The Right Combination

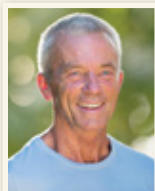
But he didn't just go to the health food store and buy an off-the-shelf amino acid product. Why? Because he found that you can't just take amino acids willy-nilly. You have to take the *right* amino acids in the *right combinations*.

Let me explain how this works. You already know that proteins are made up of amino acids. Some of these amino acids are made up by your body all on its own. But there are 8 amino acids you have to get from your diet. These 8 are called the **essential amino acids**.

You'd think that if you take all 8 essential amino acids, your body would turn all of them to protein, right? That's what I always thought, because that's what I learned in medical school. But like many things I learned in school, there's more to the story.

It turns out that we can't just take those 8 amino acids; we also need to get them in the right balance. Because otherwise, we may end up with too much of one amino acid and not enough of another.

PerfectAmino Success Stories from Readers Like You



■ Building muscle mass at age 63!

"At 63 I noticed difficulty in maintaining muscle mass even though I train diligently and maintain a clean, nutritious diet. I decided to give this supplement a try. After a month, I have increased muscle mass, especially in my arms, and no longer deal with lingering sore muscles or aches and pains."
—Archie H.



■ Feeling like I'm in my 30s again — at age 58!

"In using this product for two weeks, I have noticed a marked increase in my energy levels, in my metabolism, in my sex life. At the age of 58, I feel like I felt when I was in my 30s. I gladly recommend this supplement over any other protein supplement."
—Lawrence D.

■ After one week, aches and pains are gone!

"I meditate almost every morning for 15–30 minutes. After my session, my knees, hips, and back ache when standing up. After 1 week of usage, I can stand right up with no aches or pain! Awesome! I feel stronger, and no longer need energy drinks." Thanks!
—Harry D.

■ Hair and nails look good!

"Great product. My nails are growing again and my hair looks good." —Linda G.



■ My skin improved at age 63!

"I bought this product to help add muscle, and it did that. But it also stopped my skin from bruising so easily. I'm 63 and would bruise very easily and get red spots if I brushed up against something. Not anymore! No more ugly purple spots! Love it!" —Vicki S.



■ Lost weight and have more energy!

"The complete, easy, and balanced approach ... without all those bad-tasting, gritty protein powders or bars that taste like cardboard. What's more, the tablets do not cause stomach discomfort or any manner of digestive issue. I actually lost weight — PerfectAmino takes away my hunger. I have bundles of energy, I'm sleeping better, and my good mood is back." —Rick C.

■ Stronger and lost 10 pounds of belly fat!

"I feel younger and stronger, and I've lost at least 10 pounds of weight that is abdominal fat."
—Edward H., 78 years old

Results may vary.

To illustrate this concept, imagine you owned a bicycle factory. And imagine you had plenty of handlebars and seats and frames, but you only had one pair of tires. Well, it doesn't matter how many of the other parts you have; if you only have one pair of tires, you can only make one bicycle! The rest of the parts go to waste.

That's the same thing that happens when you take amino acids in the wrong balance. Remember earlier when I mentioned that when you eat meat your body only gets 32% of the protein? The reason is that the amino acids in meat are not in total balance. So the extra aminos get turned into sugar.

Fortunately, Dr. Minkoff was able to solve this problem. He created a product that contains all 8 essential amino acids in the perfect balance. How do we know it's the perfect balance? Because when Dr. Minkoff tested the product, it had an AAU of **99%**!

That's right; 99%! That means that 99% of the amino acids in the product are used by your body to make proteins, and only 1% are wasted. The results were so great that he decided to name the product **PerfectAmino™**.

I already told you about what happened when Dr. Minkoff took these aminos. In just a few weeks, he healed his hamstring injury ... boosted his strength and overall health ... and put on 12 pounds of lean body mass!

He was so excited by the results that he started giving it to all his patients. And they got great results, too. They got more muscle and less body fat. They got stronger nails and shinier hair. They

"...when Dr. Minkoff tested the product, it had an AAU of 99%!"

Well, he started giving PerfectAmino to his triathlete friends. One of these friends competes in the World Championship in Hawaii every year. As part of his preparation for the race, he gets there a few weeks early and does a 145-mile bike ride to gauge what kind of shape he's in.

Well, the first time he took the PerfectAmino™, he was able to finish that bike ride a half hour faster than he had ever finished it before! He called Dr. Minkoff in a panic, thinking that the PerfectAmino contained banned substances that would get him

disqualified! David laughed and assured his friend that the tablets contained nothing more than amino acids. And by the way, David's friend won the World Championship that year.

What About You?

Thousands of people have already benefited from PerfectAmino. And now you can, too.

You can get your youthful muscle mass back. You can strengthen your bones to protect yourself from fractures. You can gain an overall sense of health and vitality.

Imagine how great it will feel to have a strong body for life. Imagine how great it will feel to enjoy life without the fear of being dependent on others. And without the fear that you will fall and suffer a hip fracture.

Well, you can have all that and more with PerfectAmino.

But you know what? PerfectAmino isn't just for
(Continued on next page...)



Feel More Youthful and Vibrant... No



▲ **Keep enjoying your favorite activities ... with more energy and stamina.**



▲ **Look years younger, with a trimmer body and younger-looking skin and hair.**

boosting muscle and bone mass. It also helps you:

✓ **Lose weight ... and keep it off.** In a clinical study, 500 overweight people were put on a diet of healthy vegetables and fats. But there was a twist: instead of meat or fish or dairy, they were given the aminos as their *only* protein source. Result: They lost between 2-16 pounds per week, while maintaining muscle mass.¹ By the way, Dr. Minkoff now puts his patients on a similar diet. He reports that his patients losing weight and keeping it off — and they are doing it without the feelings of hunger and deprivation that normally come with a diet.



✓ **Improve your endurance.** In one case study, a 51-year-old female athlete hiked for 341 miles while carrying a 48-pound backpack. But this was no ordinary hike. It was through the Taklimakan Desert, where the terrain is treacherous and the daily temperatures range from scorching heat to below-freezing. During the hike, she took the amino tablets as her *only* source of dietary protein. The doctors monitoring her expected her to waste away. Instead, she increased her lean body mass



... improved her cardio-respiratory function ... increased her red blood cells and hemoglobin ... and lowered her resting heart rate!³

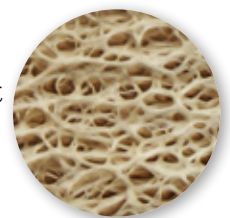
✓ **Get younger-looking skin and hair.** The people in the above weight-loss study didn't just lose weight — they also reported younger-looking skin and shinier, stronger hair.² That's because youthful skin and hair have more collagen, and collagen is made from — you guessed it — protein!



✓ **Prevent injuries.** A friend of Dr. Minkoff's works with professional cyclists. He found that no matter what kind of treatments he gave them, they developed injuries after long-distance races. But when Dr. Minkoff gave his friend the aminos and his friend gave it to the cyclists, they remained injury-free!



✓ **Strengthen your bones.** Collagen is very important for strong bones. In fact, bones consist almost entirely of minerals (like



¹Adv Ther. 2003 Sep-Oct;20(5):282-91.

²Adv Ther. 2003 Sep-Oct;20(5):282-91.

³Adv Ther. 2003 Jul-Aug;20(4):203-10.

Matter What Your Age!



▲ Avoid nasty falls by strengthening the muscles that keep you upright and balanced.



▲ Boost your mood by helping your body make serotonin and other happiness neurochemicals.



▲ Get stronger bones to prevent fractures and stay independent as you age.

calcium) plus collagen. It's the collagen that holds the minerals together. So when you don't have enough collagen, the minerals leak out of your bones. From there, they can form kidney stones, plaques, and other thing you don't want! But when you do have enough collagen, the mineral stay in your bones and keep them strong.

✓ **Support better mental concentration and a better mood.** Your mood and concentration are governed by brain chemicals called neurotransmitters. Neurotransmitters are proteins. And to make them, your body needs to have the right balance of aminos.

✓ **Boost your immunity to fight infections.** Antibodies help you fight off infections. And antibodies are made of protein. So when your body has the right protein building blocks, it can make plenty of antibodies.

✓ **Help alleviate food sensitivity symptoms.** If you suffer from food sensitivities, you may have leaky gut. Those leaky



membranes allow undigested food particles to go into your bloodstream, which causes your immune system to attack. But here's good news: your gut membranes are made of *proteins*. It's no wonder that Dr. Minkoff gives PerfectAmino to his patients with leaky gut.

✓ Yes, PerfectAmino can do all of this and more, simply by giving your body the right balance of essential aminos for optimum health.

Now You Can Try Them at the Lowest Price ...

A one-month supply of PerfectAmino is just \$39.95 (plus shipping). That's only \$1.33 day — less than a cup of coffee!

But if you want to save money, and make sure you have enough PerfectAmino on hand, I suggest you try the 3-Month PerfectAmino Savings Pack. The 3-month supply is just \$107.85, plus shipping. You save \$10% off the regular price.

(Continued on next page...)



Or, for the Biggest Savings — Plus Free Shipping ...



Try the 6-Month Pack. If you're really serious about maintaining a your strength and independence for the long-run — and saving the most money — then you should try the 6-Month PerfectAmino Best Value Pack.

A 6-month supply is just \$199.50. And you get free shipping.

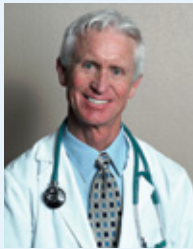
This is by far the best value, because you save

\$40.20 off the regular price. It's like getting one month for free! Plus you get free shipping and handling.

So why not do it right now, while it's still fresh in your mind? After all, you take absolutely no risk to try PerfectAmino, because of our...

90-Day, No-Questions-Asked Guarantee

I know how effective PerfectAmino is. And I stand by this amazing formula. In fact, I guarantee PerfectAmino in two ways:



Dr. Shallenberger Answers Your Questions About PerfectAmino...

Q: Is PerfectAmino safe?

Yes. PerfectAmino contains the natural amino acids that your body needs to make protein. It is has been taken by thousands of people and there have been no reported side effects.

However, people who have the rare genetic disorder PKU should always monitor their phenylalanine levels, and should only take amino acids under a doctor's supervision.

Q: Can I take PerfectAmino if I'm diabetic?

Yes. PerfectAmino does not raise your blood sugar.

Q: I feel great, and I eat really well. **Q:** How can PerfectAmino help me?

First, keep doing what you're doing! You're setting yourself up for continued great health, even as you age. But the fact is, we all lose about 30% of our muscle mass by the time we're 60. Our bones weaken. Our digestive systems weaken. So why wait until there's a problem? Instead, you could keep up your health habits *and* take PerfectAmino. That's what I do to ensure that I'll be able to enjoy my life even as I age.

Q: Does PerfectAmino contain any artificial ingredients, allergens, or GMOs?

The amino acids in PerfectAmino are 100% from natural plant sources. PerfectAmino does not contain any gluten, soy, corn, dairy, wheat, rice, or GMOs. And it does not contain any fat, sodium, sugar, preservatives, or excipients.



Q: Is PerfectAmino™ vegan?

Yes it is vegan. It contains no animal products.



Q: What is the best way to take PerfectAmino?

For the absolute best results, take PerfectAmino away from other proteins. This means taking it at least a half hour before a meal or two hours after. However, if you end up taking it with a meal, that's OK too. You won't get the full 99% amino acid utilization (AAU) that you would get on an empty stomach, but you will still assimilate much of the protein. In essence, what you will be doing is raising the AAU of the other proteins in the meal you're eating.

1. You *will* see an improvement in your strength and overall well-being in the first few months. Guaranteed or your money back.

2. You *will* continue to see dramatic improvements. That's because PerfectAmino works for the long term.

If you don't see any improvement in the first few months ... or if you're not satisfied with PerfectAmino for any reason whatsoever ... simply return the bottles within 90 days for a full refund of every penny you paid, including shipping and



handling. You only pay return shipping. No questions asked, no fine print.

Either you're absolutely thrilled with the results you get ... or you pay nothing.

Now the decision is yours...

If you're still on the fence, consider this:

When you try PerfectAmino, the worst thing that can happen is that you're not happy with the results you get. Then you can simply ask for a full refund.

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Q: I've read there are 9 essential amino acids. Why did you leave out histidine in PerfectAmino?

Histidine isn't actually an essential amino, because your body can make histidine. And when you take PerfectAmino, the histidine level in your blood will rise within 1 hour.

Another amino acid that's often called essential is arginine. However, your body can make arginine, too. And after taking PerfectAmino, your arginine level will rise along with your histidine level. When you take PerfectAmino, your body has the building blocks to make all of the proteins it needs.

Q: How long will it take me to see results?

Everyone is different. Some people feel results right away, with the first dose! Others take a month or so. To get the full benefits, we recommend taking the product for 3 months. People who do so report increases in strength, muscle mass, and endurance. They also report a shorter recovery period after exercise.

Q: I'm not an athlete. Is PerfectAmino right for me?

PerfectAmino isn't just for athletes. It's for everybody. Our bodies are continually breaking down muscle, bone, hair, intestinal lining, and more. And to replace it, we need the right amino

acids in the right balance. And we also need to be able to digest or absorb those amino acids. PerfectAmino can help with both.

Q: Can I take PerfectAmino on a ketogenic diet, or if I'm fasting to get in ketosis?

Yes! As you probably know, even eating a protein like steak will start to get you out of ketosis. That's because more than half of the protein in the steak will be wasted. And that waste is converted into sugar in your body.

However, when you take PerfectAmino, you get the protein your body needs while still staying in ketosis. That's because when you take PerfectAmino, 99% of it is used to make body protein ... and almost none of it converts into sugar.

Q: How do I know PerfectAmino really works?

The best way to know if PerfectAmino works for you is to try it. And trying it is risk-free with our 90-day "Down to the Last Tablet" Guarantee. That way, you can experience PerfectAmino, see the results, and decide for yourself!

Q: Where can I get PerfectAmino?

To get your introductory supply, call toll-free at 1-800-791-3395, visit GetPerfectAmino.com or return the certificate on page 15.

9 Ways We Guarantee the High Quality of Advanced Bionutritionals Supplements



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

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

1. We use suppliers and growers that we've known for years.

2. We use ingredients that are shown to be effective in scientific studies.

3. We use no artificial colors, artificial binders, artificial fillers, or artificial preservatives, and non-GMO sources whenever available.

4. Every supplier is qualified by testing multiple lots of material. The material is assayed for purity and screened for pathogens like mold, yeast, staph, and salmonella.

5. The batches of our ingredients are tested using FTIR spectrometers and compared to a purity index.

6. Our products are manufactured in a facility that is GMP (Good Manufacturing Practices) certified.

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



ensure proper breakdown in the stomach and absorption in the intestines.

8. Batches of our product undergo rigorous disintegration tests in conformance with USP guidelines to



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

For you, that means the best quality possible. In fact, we *guarantee* it. If you are ever dissatisfied with one of our products for any reason whatsoever, simply return the empty bottle within 90 days and we'll refund every penny you paid, including shipping and handling. You only pay return shipping. **See page 15 to order, visit GetPerfectAmino.com or call toll-free 1-800-791-3395 to get started now!**

And you lose nothing.

But what if it works for you? That means you can finally stop worrying about weakening muscles and frail bones. You can sleep well knowing you're reducing your risk of falls and fractures. You can enjoy youthful muscle tone, strong bones, and a boost in overall wellbeing. And you can enjoy life to the fullest, even as you age.

As you can see, with our 90-Day Guarantee, you get all the upside without any downside.

Frankly, I think ordering a 6-month supply is a no-lose proposition. Because if you're not satisfied, you can simply return the bottles and get all your money back. And if you are satisfied, you get to pay the lowest price per bottle

... and get free shipping.

In addition to being the best deal, a 6-month supply also gives your body time to feel the full effects. That's why I suggest you take advantage of this offer. But I'll leave the decision up to you.

Ordering is easy to do. Just return the certificate on page 15, **visit GetPerfectAmino.com or call 1-800-791-3395** any time of day or night.

Yours for excellent health,



Frank Shallenberger, M.D.

P.S. I now recommend it to all my patients — and take it myself, too. If you'd like to stay healthy, strong, and independent as you age, I urge you to try PerfectAmino today. Simply return the certificate on page 15, visit GetPerfectAmino.com or call 1-800-791-3395.

(Continued on next page...)

Supplement Facts

Serving Size 5 Tablets	Servings Per Container	30
	Amount Per Serving	%DV
PerfectAmino®	5000 mg	†
(L-Leucine, L-Valine, L-Isoleucine, L-Lysine HCL, L-Phenylalanine, L-Threonine, L-Methionine, L-Tryptophan)		

† Daily value not established

Contains no fat, sodium, sugar, yeast, gluten, soy, corn, wheat, rice, GMO, preservatives, excipients, dairy or animal products



More PerfectAmino Success Stories from Readers Like You



■ Gained muscle and lost inches off my waist!

"I have noticed a much nicer tone in my muscles and a little loss of waistline fat while using this product over the past 3 weeks." —Richard M., 65 years old

■ Faster muscle recovery!

"When working hard out in the yard all day, I would notice that for the next 2 or 3 days, I'd have sore muscles. But since I've been taking PerfectAmino, I no longer experience that soreness. It feels like my muscles recover more promptly." —Jim S.

■ More energy and no "brain fog"!

"I am over 70 years and am still working as a bus driver ... sometimes doing some long days. I have been taking the PerfectAmino tabs for a month now,

and I can definitely notice a difference in my energy level and clearer thinking. I have not changed my diet, so it must be the aminos." —Helen J.

■ Faster gains

"I am seeing more and faster gains ... I'm HOOKED! I will continue to use this product for the rest of my life." —Ron B., 66 years old



■ Grey hair growing in dark again!

"I have noticed a marked energy increase, as well as a feeling of well-being from this supplement. I have noticed my grey hair seems to be growing in dark again, the only thing I can assume is the supplement, because I have not changed anything else! I love the ability to get a complete protein without eating as much meat." —Leslie P.

Results may vary.

Choose from three *PerfectAmino* Savings Packs and get started today!

BEST VALUE:

The Six-Bottle Value Pack

You get 6 bottles of *PerfectAmino* for just \$199.50, plus **FREE** shipping. That's a **TOTAL** savings of \$40.20!



GREAT VALUE:

The Three-Bottle Savings Pack

You get 3 bottles of *PerfectAmino* for just \$107.85. That's a **TOTAL** savings of \$12!



✓ GET FREE SHIPPING **OFFER EXPIRES in just 7 days!**

Don't miss this chance to save even more. Reply in the next 7 days and you don't have to pay a single penny in shipping and handling costs. That's right — the postage, the packaging, and the handling is absolutely **FREE!** That's another \$6.95 savings!

Trial Offer: **The One-Bottle Starter Pack**

You get 1 bottle of *PerfectAmino* for just \$39.95.



Down-to-the-Last-Pill Guarantee

Simply try *PerfectAmino*. If it doesn't live up to your expectations — if it doesn't restore your body's muscles, bone strength, digestion, and hormone levels. Or if you're not satisfied for any reason whatsoever, simply send back the empty bottle within 90 days. And we'll refund every penny you paid, including shipping and handling. No questions asked, no exceptions, no fine print.

With our "Down-to-the-Last-Pill" guarantee, there's absolutely **NO** risk to you for giving *PerfectAmino* a try. So why not order today? You'll be glad you did!

Three Easy Ways to Order!

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

PERFECTAMINO INTRODUCTORY SAVINGS CERTIFICATE

Save \$40.20 on our BEST VALUE DEAL!

Not
available
in stores!

☒ **YES, Dr. Shallenberger,** I want to restore my body's muscles, bone strength, digestion, and hormone levels. Please rush me my order of **PerfectAmino** as I've indicated below. I understand that if I am not 100% satisfied for any reason, I will receive a full and prompt refund of the purchase price — including shipping.

☐ **BEST VALUE:** Send me 6 bottles of PerfectAmino for just \$199.50.

Plus I get FREE shipping. That's a TOTAL savings of \$40.20!

RECOMMENDED



☐ **GREAT VALUE:** Send me 3 bottles of PerfectAmino for \$107.85 (plus \$6.95 shipping & handling). That's \$12 off the regular price!

☐ **TRIAL OFFER:** The 1-Month Starter Pack. Send me one bottle of PerfectAmino. I pay just \$39.95 (plus \$6.95 shipping & handling).

☐ **MY FREE SHIPPING AND HANDLING:** I'm responding within 7 days so I can get FREE shipping and handling on any size order (normally \$6.95 per order). I don't have to pay a penny for shipping!



Here's how I prefer to pay (check one):

☐ Please charge my: ☐  ☐  ☐  ☐ 

Card #: 3- or 4-digit CVV code:

Name on Card: Exp. / /

Signature: Telephone: ()

(in case we have a question about your order)

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

Email address:

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

IMPORTANT! Please check the back cover to see if your name and address are correct.

If not, please correct this information in the adjacent space.

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

Or complete this Savings Certificate and mail in the envelope provided to:

Advanced Bionutritionals, P.O. Box 8051, Norcross, GA 30091-8051

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

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