

**FREE HEALTH REPORT:**  
1,000-YEAR-OLD HEALTH SECRET HELPS  
SOLVE THE MYSTERY OF HEART DISEASE

How an ancient Japanese food  
used by Samurai warriors could...

# KEEP YOUR HEART BEATING STRONG

regardless of your age or  
current physical condition!

*Plus, reduce your risk of heart attack,  
stroke, and high blood pressure,  
ease chronic pain & inflammation,  
retinal pathology, varicose veins,  
fatigue & much more.*



Fibrin (shown here) is a life-saving, natural protein that helps the blood to clot, but excess fibrin slows blood flow and increases blood thickness which contributes to the elevation of blood pressure and heart disease.

**READ THE  
ENCLOSED REPORT  
TO LEARN ABOUT  
A NATURAL  
SUBSTANCE THAT  
CAN DISSOLVE  
EXCESS FIBRIN,  
THIN YOUR BLOOD  
AND HELP KEEP  
YOUR BLOOD  
YOUNG FOR LIFE!**

**Free product  
offer inside!**

- ♥ If you want to dodge the bullet of heart disease...
- ♥ If you want to avoid the pain, cost and uncertainty of open heart surgery...
- ♥ If you want to live long, live strong with thin, clear blood FOR LIFE...

THEN, YOU'LL WANT TO READ ON ABOUT  
A 1,000-YEAR-OLD HEALTH SECRET THAT'S  
LINKED TO THE PEOPLE WITH THE LONGEST  
LIFE SPANS IN THE WORLD.

*Your New Heart-Strong  
Body Awaits Inside...*

How could you avoid the threat of heart disease that takes someone's life every 34 seconds?

# Get the Heart

& JOIN THE PEOPLE WITH

Just tap into the 1,000-Year-Old

# STRONG HEART SECRET

from the people with the highest longevity rate in the world!

Once you learn about NATTO CLEAR™, you might forget you've ever heard the words HEART ATTACK & STROKE and while you're turning your back on diseases that kill more than 1 million Americans every year...

You could also turn the corner on chronic pain and inflammation, retinal pathology, varicose veins, high blood pressure, hemorrhoids... AND ENJOY MAXIMUM LIFE EXTENSION, MAXIMUM ENERGY, MAXIMUM GOOD HEALTH, STARTING NOW!

**RESULTS GUARANTEED  
OR YOUR MONEY BACK!**



# of a Samurai Warrior

## THE LONGEST LIFE SPAN ON EARTH...

Dear Health-Conscious Friend:

America has the best (and highest-paid) heart surgeons in the world. We keep them very busy.

**PROBLEM IS:** we also lead the world in heart disease, with someone dying from it EVERY 34 SECONDS. That's OVER ONE MILLION PEOPLE A YEAR WHO DIE PREMATURELY.

THAT'S OVER ONE MILLION who don't know about the 1000-year-old health secret from the people with the LONGEST LIFE SPAN ON EARTH.

And what is that LONG-LIFE SECRET?

KEEP YOUR BLOOD THIN AND CLEAR!

How can you do that without running marathons, swimming seven days a week or biking 500 miles a month?

**THE ANSWER IS: EAT NATTO!** The Japanese villagers who never seem to age or get heart disease, eat Natto. Natto is a fermented soybean that contains a remarkable enzyme that helps keep your blood thin and clear. Its use dates back to the days of the samurai warriors who ate it daily. Natto is SO EFFECTIVE, IT CAN ACTUALLY HELP DISSOLVE BLOOD CLOTS AND CORRECTS BLOOD FLOW SO IT RUNS THIN, CLEAR AND FAST! No wonder the samurai swore by it.

Unlike any other food source, Natto dramatically lowers the frictional resistance to blood flow which helps get more blood and oxygen to the entire body.

And now the most pure, nutraceutical grade extract of Natto (called Nattokinase) has been used to make NATTO CLEAR available only by direct order from the Institute for Vibrant Living™.

Once you clear your blood with NATTO CLEAR™, you could also clear up the threat of heart attack, stroke, high blood pressure and numerous other health problems associated with tired, sticky, congested blood.

If you want to live heart-strong for life and avoid the fear, uncertainty and cost of heart disease...

If you want to forget you've heard the words heart attack and stroke...

You owe it to yourself and your loved ones to try NATTO CLEAR for 60 days, risk free. This really is a remarkable new longevity food-based product that we believe could add years to your life.

To your heart-strong life,



Donald A. Elgie, Founder, Institute for Vibrant Living™

**P.S. HOW TO GET 2 FREE BOTTLES WORTH \$69.90!** When you order a 3-month supply of NATTO CLEAR, you'll get 1 bottle FREE, AND a free bottle of a 2nd heart miracle, Dr. Lundell's Broad-Spectrum Antioxidant. That's a \$59.90 value, FREE. And, I'll refund your money (less shipping) if NATTO CLEAR is not all that we say it is and more. And you can keep the Antioxidant! With so much to gain and not a penny to lose if you're not satisfied, why not call **1-800-218-1379** TODAY!



**SOLVED  
AT LAST:**

# THE SECRET MYSTERY OF HEART DISEASE.



**RESEARCHERS  
PINPOINT THE  
MISSING LINK OF  
HEART DISEASE:**

**EXCESS  
FIBRIN!**

**M**edical researchers have clearly linked heart disease to excess animal protein consumption and excess sugar intake. Why? Because the fat in animal protein does not easily break down and it's not rapidly burned off through exercise. The result is that this excess undigested animal protein contributes to the accumulation of plaque, a thick, waxy substance that collects in the arteries.

And excess sugar creates damaging insulin spikes which tax the pancreas and stress the heart. Both of these heart disease “triggers” are supported by clinical evidence, but there’s always been a “missing piece” to the heart disease puzzle. Diet alone cannot explain our skyrocketing rate of heart disease.

The latest discovery from the alternative medical frontier indicates that blood viscosity (or thickness) is the central cause of heart disease...triggered by the body's response to free radicals found in our air, water, soil and food.

This thickness is actually excess fibrin.

Fibrin is a natural protein found in your blood that helps it to clot after trauma or injury. But bacteria, viruses, fungi and toxins present in the blood can trigger excess fibrin.

This excess fibrin slows blood flow... and increases blood thickness, contributing to the elevation of blood pressure – all quite common even by the age of 30 and often critical by 50.

## **HOW CAN YOU REDUCE EXCESS FIBRIN?**

You can eat Natto (a fermented soybean) used in Japan for over 1,000 years or you can use NATTO CLEAR™ which contains Nattokinase, the amazing blood-cleansing enzyme that's extracted from natto.

## **NATTO CLEAR CORRECTS YOUR BLOOD FLOW**

Like no other natural substance ever scientifically tested, NATTO CLEAR (made of the highest quality and potency Nattokinase) actually CORRECTS THE WAY THE BLOOD FLOWS THROUGH YOUR BODY. The results can be nothing short of miraculous. Because once your blood becomes thin and clear, it's almost as if you've got a brand new body roaring with energy, youthful vitality and everyday great health.

People with heart disease and nearly every kind of chronic condition from diabetes and chronic pain... to lupus and high blood pressure...have found dramatic changes by using NATTO CLEAR – in as little as 14 days.

**1 out of 4 Americans suffer from heart disease,  
but you will not be among them...**

For all our medical breakthroughs, the news about heart disease is only getting grimmer...

One out of every four Americans suffer from some form of heart disease -- with almost 6 million hospitalizations each year and a million deaths. IT'S THE WORST WAR WITH THE MOST TERRIBLE CASUALTIES IN THE HISTORY OF THE WORLD... AND IT HAPPENS EVERY YEAR IN AMERICA.

BUT IT DOESN'T HAVE TO BE THAT WAY.

Your heart is a muscle that maintains blood flow throughout your body. In order for blood to flow freely, the arteries and capillaries MUST REMAIN CLEAR. If your blood flow is blocked anywhere in the miles of arteries and veins, the oxygen supply to that tissue is cut off and it eventually dies. This can result in angina and heart attacks.

How can you keep your arteries clear? Just look at the 3 longevity secrets used for centuries by the Japanese...

**SECRET #1!** REDUCE meat intake, increase fish.

**SECRET #2!** REDUCE simple sugars, increase vegetables and fruits.

**SECRET #3!** EAT fermented soybeans or take NATTO CLEAR™.

NATTO CLEAR (extracted from the traditional Japanese food, natto) has proven to be the world's most powerful, all-natural blood clot dissolving agent. It helps rid the body of excess fibrin which is responsible for thickening the blood.

There's no other all-natural "arterial cleanser" with a proven 1,000 year-old track record.

NATTO CLEAR is 100% natural and clinically-tested. It's 100% safe and effective. It could change your life and well-being like nothing else you have ever tried. **RESULTS GUARANTEED OR YOUR MONEY BACK.**

## WORKING WITH NATTO CLEAR IN THE GARDEN OF GOOD HEALTH!

*I purchased NATTO CLEAR for my mother who had read many good things about it. My mother had leg pain, almost numbing. She exercised every morning and worked in her garden—with the pain—until she could no longer tolerate it. She resumed again after two weeks of taking NATTO CLEAR, and noticed a little pain. After another two weeks, she realized all the pain was gone and assumed it had gone away within three weeks of taking NATTO CLEAR! She was very excited to know a free bottle is forthcoming. And future orders will follow! Thank you. (P.S. Mom's even telling her friends about it!)*  
—Naomi Wallace



## WHAT CAN YOU EXPECT FROM USING NATTO CLEAR?

The literature about Natto and Nattokinase is very impressive. The first person we asked to try it had a rapid and dramatic response. While this was likely an unusually good response, Nattokinase appears to be a true therapeutic breakthrough.  
- Dr. Jonathan Wright

Here are just some of the therapeutic breakthroughs associated with using the highest quality Nattokinase as found in NATTO CLEAR.

### REDUCTION OF...

- ♥ angina pain
- ♥ thrombosis (blood clots)
- ♥ atherosclerosis
- ♥ fibromyalgia/chronic pain
- ♥ retinal pathology
- ♥ hemorrhoids
- ♥ varicose veins
- ♥ soft tissue rheumatism
- ♥ muscle spasms
- ♥ chronic inflammation
- ♥ hypertension (blood pressure)

### IMPROVED...

- ♥ immune response/faster healing
- ♥ tissue oxygenation
- ♥ gynecology conditions such as uterine fibroids and endometriosis
- ♥ sexual response and fertility

**Natto Clear works like we say it does or YOUR MONEY BACK!**

**Call 1-800-218-1379 TODAY!**



# “NO MORE HEART ATTACKS

## & MY HEART IS BEATING STRONG & STEADY!”



I am 79-years-old and in 1984 and 1999 I had two angioplasty operations on my heart. The last operation, the doctor placed four stints in my arteries to keep them open and clear. I read about NATTO CLEAR™ and decided to give it a try I started taking it two to three times a day. So far, I have had no more attacks and my heart is beating strong and steady. I will continue taking NATTO CLEAR because I think it is helping me and does what it claims. I believe it is a good product.

—V. O., Fort Wayne, Indiana

**RESTLESS LEGS, CRAMPING, ANXIETY, DEPRESSION—GONE!** *I started taking NATTO CLEAR towards the end of December 2003. I had just come out of the hospital for an acute attack of diabetes. I took one capsule three to four times a day. At first, I didn't notice anything, but then I noticed that the Restless Leg Syndrome and constant leg cramps which I had been suffering from were gone. As I continued to take NATTO-CLEAR, I noticed that the anxiety and depression which I had for a long time were getting better. When I stopped taking NATTO CLEAR, these conditions partially came back. At first I didn't make the connection but now I realize that it was the NATTO CLEAR.*

—Michael Battista, Bronx, New York

**PAIN DISAPPEARED!** *I had pain in the upper right side of my chest which I experienced usually after serious downhill skiing, as well as after racquetball matches. I attributed it to problems in my cardiovascular system. After I started taking NATTO CLEAR, in a matter of weeks the pain started to disappear slowly. By now, it seems to have disappeared.*

—R. L., Santa Fe, New Mexico

**IMPRESSIVE CARDIAC IMPROVEMENT WITH IVL'S NATTO CLEAR™!** *Having had a triple by-pass and a pacemaker installed in 2000, I have been concerned with my cardiovascular system, and have looked for ways to prevent any recurrence of that surgery. In searching the internet and the current research literature, I became impressed with the Japanese work with Natto as a clot buster. Of all the products available, I determined that NATTO CLEAR from Institute for Vibrant Living best met my requirements. Now on my second month, I had a blood test and the result indicated that my system was almost clear. Even the arteries bypassed were functioning. A sonic test of the carotid arteries in my neck had change from 70% occluded to undetectable. NATTO CLEAR will be part of my daily routine from now on.*

—O. Minney, D.S., Eloy, Arizona

**BLOOD PRESSURE DOWN, ENERGY AND STAMINA UP!** *I had a physical exam in October 2003 and again in December. On both occasions, my blood pressure was elevated. The doctor changed my medication in December. When I returned in February, 2004 for another check up, my blood pressure was still above normal. About the middle of February, I started taking NATTO CLEAR three times a day, and one at bedtime. My next appointment with the doctor was two months later, at which time my blood pressure level was normal. I can definitely say NATTO CLEAR has helped regulate my blood pressure. It has also improved my energy and stamina. What a blessing it is! I've received most of my energy back and feel better than I have for eight months. I am very pleased that I decided to use your product.*

—A.M., Bronx, New York

**RELIEF FROM VARICOSE VEINS, IMPROVED ENERGY AND LIFE!** *After having five children, I had bad varicose veins. After taking NATTO CLEAR, I'm surprised that it's not as bad as it was. I have more energy now and I would recommend your product to anyone who wishes to improve their life. Thank you very much.*

—T. N., Honolulu, Hawaii

## **BALANCING BLOOD PRESSURE AND AVOIDING TERRIBLE DRUG SIDE EFFECTS!**

Over a year ago, I was diagnosed with extremely high blood pressure. My doctor recommended prescribing higher potencies of drugs until it lowered to a certain measure of control. But I just couldn't bear the terrible side effects, so I started taking other natural remedies available. From my interest in your newsletter, describing the effectiveness of NATTO CLEAR, I will continue to remain a regular customer of this product, taking advantage of the benefits to help stabilize my condition knowing that it safely dissolves plaque from my veins and arteries without side effects.

—C.W., Norfolk, Virginia

**LESS PAIN, A FEELING OF WELL-BEING – AFTER JUST FOUR WEEKS!** Thank you for NATTO CLEAR, a great product. I am 86, and for many years I've struggled with being stressed-out and having persistent chronic backache, which made life difficult. Some of the products I was taking helped on and off but there was still something missing. I received your newsletter about NATTO CLEAR, and was impressed by its clarity and what the product was capable of doing. It gave me hope and I wanted to try it. At present, I am taking four daily, as suggested, for about four weeks. I'm beginning to notice a change slowly, and I'm getting back to the feeling of well-being, and I have less pain which feels great! I am so grateful for NATTO CLEAR and I never want to be without it!

—Mrs. A.W.T., Neptune, New Jersey

**BLOOD PRESSURE DOWN, STRENGTH IS UP—YES!** In 2003, I had two heart attacks, one in February and one in May. Prior to the heart attacks, I had been having arthritis in my knees and legs. About four months ago, I started taking NATTO CLEAR, and it seems to be helping me get much stronger. My blood pressure is down, and I only have to go every two months for my checkup.

—R. S., Fresno, California

**BLOOD PRESSURE UNDER CONTROL—WITHOUT DRUGS!** I had a blood pressure problem, and my doctor wanted to put me on one of the popular drugs to see if it would help reduce my blood pressure. I wanted to try other options first, and discovered NATTO CLEAR and tried it and now my blood pressure is under control. I would recommend it to anyone before relenting to the use of prescription drugs.

—R. E., West Bend, Wisconsin

**FINGERS AND TOES NOW WARM!** I have always had poor circulation, especially in my legs and fingers. I had a blood clot behind my right knee in 1986, and spent 10 days in the hospital with a Coumadin drip. In 1999, I had a clot in the same leg, and had a balloon angioplasty. In 2002, I read about Nattokinase, and have been taking it every night since. My fingers and toes are delightfully nice and warm now!

— M.V.M., Fremont, California

**BLOOD PRESSURE NORMALIZED, SLEEPING LIKE A BABY!** I am 58 years old and in fairly good health, so I decided to try NATTO CLEAR to prevent future health problems. My main area of concern was that my blood pressure was borderline at 140/90, so I wanted to get these numbers down. After taking your product, my blood pressure has stabilized at 128/84—without the use of any drugs! The other benefit is that I get a much better and more restful night's sleep. I have not noticed any side effects and will continue to use the product. Thanks for the free bottle and a great product!

—J. B., Big Harbor, Washington

**WITH SPEEDY RESULTS, THREW OUT THE MEDS!** Thanks to NATTO CLEAR, I no longer take hypertension medicine or cholesterol medicine! It is the best supplement I have taken and I have had very speedy results. Thank you for a wonderful product. By the way, I have read several studies that verify your claims! —Samuel T. Eubanks, Ventura, California



Natto Clear™ works like we say it does or YOUR MONEY BACK!

**CALL 1-800-218-1379 TODAY! [www.IVLPProducts.com](http://www.IVLPProducts.com)**

From America's #1 Researcher on Nattokinase.

# NATURAL ENZYME TARGETS EVERYTHING FROM HEART DISEASE TO JOINT PAIN...



An Interview with  
Dr. Ralph E. Holsworth, Jr., D.O.  
Lt. Commander, U.S. Public Health Services

**Q** Dr. Holsworth,  
what is Nattokinase?

**A** Nattokinase is a "profibrinolytic enzyme." In other words, it helps your body break down fibrin, a little directly, but mostly indirectly— it sort of nurtures nature. Fibrin is a protein that forms in the blood after trauma or injury, and it's essential to stop excess blood loss. There are more than 20 enzymes in the body that assist in clotting the blood, but only one actually breaks down the clot— and that is plasmin. Bacteria, viruses, fungi and toxins in the blood also trigger an inflammatory condition resulting in excess cross-linked fibrin. But if there's no danger of blood loss and/or if a trauma has not occurred, this cross-linked fibrin will continue to circulate throughout the blood, sticking to the walls of blood vessels. This does three dangerous things: it contributes to the formation of blood clots; it slows down the flow of blood; and it increases the blood viscosity which contributes to the elevation of blood pressure.

**Q** What is the source  
of Nattokinase?

**A** Nattokinase is an enzyme that is extracted from an ancient Japanese food called Natto. Natto is boiled soybeans. The enzyme Nattokinase is found in the stringy parts between the beans. Nattokinase is not actually in the beans, but it's like the glue that holds the beans together. Nattokinase is the enzyme that comes from the

food Natto. It was first isolated by Dr. Hiroyuki Sumi, a researcher of the Japan Ministry of Education. And, like many scientific breakthroughs, Dr. Sumi discovered this enzyme by accidentally dropping a bean into a Petri dish of artificial fibrin. He noticed that the fibrin began to dissolve immediately. He knew then that he was onto something really big. Almost every country has some type of fermented soybean dish that happens to be profibrinolytic. Natto is the third most popular soy bean dish in the world.

**Q** You mentioned dehydration. Is being  
thoroughly hydrated important when  
taking Nattokinase?

**A** Well, Nattokinase is a hydrolase, or a hydrolytic enzyme, and it needs water to work effectively. I recommend that people drink at least 8 to 10 ounces of water with Nattokinase. And being thoroughly hydrated is necessary to keep your blood healthy and flowing smoothly.

**NATTOKINASE MAY VERY WELL  
CHANGE THE WAY WE VIEW  
CARDIOVASCULAR DISEASE...**

**Q** If it's true that Nattokinase reduces the  
excess fibrin, then is it likely to see it affect  
our health in a multitude of positive ways?

**A** I've been working with Dr. Kinsey, the father of hemorheology, who has been told by the National Institutes for Health that there is not one aspect or subspecialty of medicine that will not be positively affected by the study of blood flow. And because Nattokinase deals with blood flow, it's not surprising that we're seeing all these amazing things. With Nattokinase, we've struck upon a very common denominator in dysfunction and

disease. How this helps people varies. For instance, it works on migraines. For people with rheumatoid arthritis, they'll take 30 mg of wobenzyme and not get any relief. But, they take three Nattokinase and the pain is gone. I've seen cancer patients with pain in their lower extremities. Their blood is thick, with a sludging effect. They take Nattokinase and boom, their pain goes away! They're then able to get off narcotics and other meds.

**Q** It's like the circulatory system of the body is a roadway, and the Nattokinase seems to open up the road blocks. Could it bring together different sides of medicine?

**A** Absolutely, in many ways. We know Nattokinase increases blood perfusion and bioavailability. For diabetics, I use it in combination with alpha lipoic acid; instead of using 800-900 mg. of alpha lipoic, I can reduce it to 300 mg, yet get the same result. In conjunction with the Nattokinase, we're somehow increasing the bioavailability of the alpha lipoic acid to the many trillion cells, each cell having an insulin receptor.

**Q** I read a quote from Dr. Garry Gordon that Nattokinase will change the face of cardiovascular medicine. He said that Nattokinase treats the blood, not just the blood vessel.

**A** That's true. There's a communication or intelligence between the blood and the blood vessels— we call it endothelial function. The thickness of the blood corresponds to what's going on within the vessel. We're now learning that when you change the fluids in the vessel, you're going to change the vessel. You change your oil every 3,000 miles, but you don't in the vehicle of your body. In Dr. Kinsey's book, "Natural Blood Thinners," he says that by donating blood every 8 weeks, a male can decrease his potential of getting a heart attack or stroke by several hundred fold.

#### **ARE THERE ANY HEALTH RISKS OR CONCERNS ASSOCIATED WITH TAKING NATTOKINASE?**

**Q** So, regarding Nattokinase, what is the dosage and how is it measured?

**A** Nattokinase is measured in fibrin units, as opposed to international units or milligrams. This is the official form of measurement of Nattokinase activity, based on empirical data by Dr. Sumi, and officially adopted by the Japan Nattokinase Research Association, and the Japan

Health Food Authorization. As far as dosage, 2,000 F.U.'s is preventative; 4,000 F.U.'s is therapeutic; and 6,000 F.U.'s is for stroke patients.

**Q** My mother has had strokes, and when her Coumadin levels are too high, she's had "bleed through." Could a person take too much Nattokinase, and create a bleed-through?

**A** No. In toxicological studies, rats were dosed at 1,000 times higher per weight with no adverse reaction. Nattokinase doesn't inhibit your ability to make a clot; it just helps your body up-regulate its ability.

**Q** Should a person with medical conditions take Nattokinase under a doctor's supervision?

**A** Yes, because it's so effective. With Nattokinase, I'm pulling people off of their blood pressure medicine in 7-10 days. Without a doctor's supervision, if a person is on medication, they could take too much on their own, and have reactions such as dizziness. There are substances with antiplatelet effects, like ginseng, turmeric, some fish oils, and vitamin E. Those who take a variety of these substances could have nose-bleeds in association with Nattokinase. That's why I think it's good to have a doctor involved, because you have to look at everything you're putting into your body.

**Q** Do you think Nattokinase will ultimately replace pharmaceutical anti-coagulants?

**A** I do. I know for a fact, from clinical data, that aspirin and drugs like Warfarin (Coumadin®) do not decrease the thickness of the blood. You're never going to address a certain percentage of blood clots unless you change the thickness of the fluid. It's just physics. Nattokinase has the potential of replacing anti-platelet agents and high blood pressure medicine; it could significantly decrease dependency on anti-cholesterol medicine; and the potential for migraines. There's three or four medicines right there that could potentially go by the way-side and be replaced with Nattokinase.

Natto Clear works like we say it does or YOUR MONEY BACK!



CALL **1-800-218-1379** TODAY!

[www.IVLProducts.com](http://www.IVLProducts.com)

Cutting-Edge Medical Research Documents Why

# NATTO CLEAR COMES TO THE RESCUE

for So Many with Chronic Health Challenges.

NATTO CLEAR is a special proprietary formulation of 100% Nattokinase that contains the highest neutraceutical quality and potency available. And why should quality and potency be important to you? Please read on...

The properties of Nattokinase closely resemble plasmin – which is your body's own enzyme that actually breaks down blood clots NATURALLY.

According to Dr. Martin Milner, from the Center for Natural Medicine in Portland, Oregon, what makes Nattokinase a particularly potent treatment, is that it enhances the body's natural ability to fight blood clots in several different ways, because it so closely resembles plasmin and it dissolves excess fibrin directly.

In addition, Nattokinase also enhances your body's production of both plasmin and other clot-dissolving agents, including urokinase.

"In some ways," Milner says, "Nattokinase is actually superior to conventional clot-dissolving drugs. T-PAs (tissue plasminogen activators) like urokinase (the drug) are only effective when taken intravenously and often fail simply because a stroke or heart attack victim's arteries have hardened beyond the point where they can be treated by any other clot-dissolving agent. Nattokinase, however, can

help prevent that hardening with an oral dose of as little as 100 mg a day."

## BLOOD CLOT REDUCTION WITHIN HOURS

Does Nattokinase really work?

Nattokinase has been the subject of 17 studies, including two human trials.

Researchers from JCR Pharmaceuticals, Oklahoma State University and Miyazaki Medical College tested Nattokinase on 12 healthy Japanese volunteers, 6 men and 6 women, between the ages of 21 and 55.

They gave the volunteers 200 grams of natto before breakfast, then tracked their response through a series of blood plasma tests. The tests indicated that the natto generated a heightened ability to dissolve blood clots.

On average, the volunteers' ELT (a measure of how long it takes to dissolve a blood clot) DROPPED BY 48% WITHIN TWO HOURS OF TREATMENT and volunteers retained an enhanced ability to dissolve blood clots for 2 to 8 hours.

## EXCESS FIBRIN LINKED TO CHRONIC PAIN

As indicated by recent research... sticky, thick blood is on the rise the world over. Why?

Your body creates excess fibrin as a result of the immune system counteracting the effects of increased toxins you ingest through air, food, and water. What's wrong with excess fibrin?

Fibrin may very well block the elimination of toxins and thus increase inflammation, thereby contributing to chronic pain, illness and accelerated aging.

Excess fibrin accumulation can eventually interfere with oxygen and nutrient transfer to body cells and removal of waste products...which is why high fibrin levels are associated with a wide range of troubling illnesses including cardiovascular disease... chronic fatigue... retinal pathology... hemorrhoids... varicose veins... diabetes... infertility... hypertension and many other health problems doctors can't fix.

### NATTO CLEAR TO THE RESCUE!

- DISSOLVES excess "bad" cross-linked fibrin...
- PREVENTS excess fibrin formation...
- DEGRADES clots and blood congestion throughout the entire body...
- POSSESSES very broad applications in eliminating chronic pain and other chronic conditions associated with congested blood!

Plus, unlike any drug, NATTO CLEAR has many other benefits including...

- PROVEN, LONG-LASTING RESULTS.
- AFFORDABLE AND CONVENIENT TO USE.
- CAN BE USED DAILY FOR PREVENTION WITH NO SIDE EFFECTS! NONE!



## NATTO CLEAR IS THE FORT KNOX OF ENZYMES

Enzymes (found in raw and fermented foods ONLY) are an essential component of your diet like vitamins, minerals, phytonutrients, fat, protein, and carbohydrates, and without them, the body begins to break down.

Enzyme deficiency has been linked by various researchers to chronic diseases, accelerated aging and premature death. How do enzymes work? They...

- ACTIVATE vitamins and minerals to forms usable by the body.
- LIBERATE nutrients from food.
- HELP destroy harmful microbial agents.

During times of stress, sickness or reduced nutrient intake, your body can fall behind in the demand for the constant upkeep and creation of enzymes.

And sadly, the enzyme content of foods has radically decreased over the years due to processing... soil depletion... refining and preservation techniques... and a decreased consumption of fermented foods and fresh foods, which are high in enzyme content.

In the past, the therapeutic use of enzymes has largely focused on the use of digestive enzymes. As useful as digestive enzymes are, they pale by comparison to the blood-clearing benefits of NATTO-CLEAR. It's truly the Fort Knox of enzymes that could keep your health – your most valuable treasure – SAFE FOREVER!

Again, what's the live-forever secret known and practiced by the Japanese for centuries? KEEP YOUR BLOOD THIN AND CLEAR!

Sound like a longevity secret worth knowing? You bet it is! So get ready to enjoy lower blood pressure. Get ready to decrease inflammation throughout your system. Get ready to enjoy all the pleasures of a heart-strong, brand-new body.

Natto Clear works like we say it does or YOUR MONEY BACK!

CALL **1-800-218-1379** TODAY! [www.IVLProducts.com](http://www.IVLProducts.com)

How would you like to be one of those rare people who holds...

# NO FEAR

of heart disease, high blood pressure or stroke!

Now, it's easy to dodge the heart attack and stroke bullet...easy to live free of high blood pressure...easy to live free of chronic pain and inflammation.

**SOUND LIKE FUN?  
YOU BET IT IS...** and it only gets better once you sample— risk free— **NATTO CLEAR™** from the Institute for Vibrant Living™.



**STOPPED USING STATIN DRUGS!** Two weeks after taking Natto Clear I stopped using all types of statin drugs. I feel better since taking this product. This company has only top shelf products and their service is first rate. I highly recommend this company to all my friends. -Roberto P.

**DOCTOR ADVISES PATIENT TO STAY ON NATTO CLEAR!** I have been using Natto Clear because my last physical exam indicated that my blood pressure and cholesterol were moderately high, and I did not want to take any drugs. I showed the bottle to my doctor, who by the way, espouses natural remedies, and he told me to try it. After I almost finished one bottle I found that both my blood pressure and my bad cholesterol improved a little. I therefore determined that if I saw this improvement after one bottle, it was definitely a good idea to take it as part of my supplement regimen. My doctor was impressed and advised me to keep up the good work and order more Natto Clear. I will continue to keep tabs on the results. Thank you for this product.

-Rosemary Iaquina, Oceanside, CA

**AFTER HEART ATTACK, BP DOWN!** In 2002; on April 22nd I had a heart attack, winding up with by-pass surgery. After my surgery I was on 8 prescription pills, all of them had serious side effects which I did not like. As of about 6 months ago I am down to one prescription pill that is for high blood pressure. Searching for something to replace that prescription pill. After some time, and quite a few dollars, I read about Natto Clear, sounded good to me. So Institute for Vibrant Living gets my order, wisest move I made that day. Having my own blood pressure monitor, I check my hypertension daily. After trying Natto Clear for about 3 weeks my blood pressure went down 10 to 15 points. I give the credit to Natto Clear, and will continue taking it, I believe it is an artery cleaner and a blood thinner. All-natural products like Natto Clear will put one on the road to better health, than any prescription drug ever will. I hope in a few more months I can throw away my prescription pills...

-Paul Orso, Mandan, ND

**WILL USE FOR THE REST OF LIFE!** I use three caps/day/w/o exceptions. Why? Because I've had several mild to moderate strokes! I shall continue to use it for the rest of my life (75+ yrs). -Geo A. G., Oronville, WA



**From the case files of  
Dr. Ralph Holsworth...**

“ I truly believe Nattokinase will permanently alter the way we treat heart disease and a host of other illnesses associated with congested blood flow including chronic fatigue, fibromyalgia, lupus, retinal pathologies, prostatitis, hemorrhoids, varicose veins, diabetes, infertility and the list goes on.

From all my personal client experiences with this product, I can say that Nattokinase constitutes a health breakthrough like nothing else I have ever seen. ”

- Dr. Ralph Holsworth

### **NATTOKINASE CASE HISTORY #1!**

#### **OVERCOMES CHRONIC FATIGUE & FIBROMYALGIA!**

Middle-age male with a diagnosis of chronic fatigue/fibromyalgia presents with chronic lethargy and mild essential hypertension, ranging 130/90. Chief complaints of "lack of energy" with no interest in his life-long hobbies of golfing and downhill skiing. Within 2 weeks after starting Nattokinase, he has increased energy and begins to participate in golfing and skiing. He experiences mild cases of hypertension but is removed from his antihypertensive medicine with excellent control of his blood pressure in the 110/75 range.

### **NATTOKINASE CASE HISTORY #2! NO MORE SHORTNESS OF BREATH FOR LUPUS SUFFERER!**

71 year old female with a chronic history of lupus experiences shortness of breath and is hospitalized for a presumptive pneumonia. Patient is discharged and continues to have shortness of breath and develops painful red swelling in her left groin area. Patient starts on a Nattokinase (4,000 fibrin units per day) and within 5 days has resolution of left groin pain and shortness of breath. Ultrasound studies pre-and post- of the therapeutic doses of Nattokinase indicated the dissolution of a proximal femoral deep vein thrombosis (blood clot). Clinical findings also agree with the diagnostic findings. In addition, the patient has experienced a renewed spirit and energy level. Vague back pains have also resolved allowing the patient to return to her hobby of gardening. Patient has not experienced any episodes of shortness of breath since starting the therapeutic dose of Nattokinase.

### **NATTOKINASE CASE HISTORY #3! NO MORE**

**CHRONIC PROSTATE PROBLEMS!** 40 year old male has been diagnosed with a chronic prostatitis and placed on a strong antibiotic coverage by his physician but still experiences pain upon urination and prolonged sitting. Within 10 days after starting Nattokinase, the patient no longer experiences the dysuria and no longer experiences pain with prolonged sitting. Patient removed himself from the antibiotics and the signs and symptoms have not returned within the last 7 months.

*If you suffer from any chronic health problem, chances are NATTO CLEAR can help you turn the corner faster than any other product on the market. And remember it's not medicine. It's not another vitamin or mineral. It's a food-based enzyme that has been clinically tested and peer reviewed and it really works.*

*Don't wait a minute longer to tap into the 1,000-year-old "strong-heart" secret used by the people with the longest life spans in the world.*

# 10 EASY WAYS

## TO KEEP YOUR HEART BEATING STRONG & STEADY FOR LIFE...

### 1. EAT FIBER FOOD FIRST!

Eat plenty of fiber to help remove cholesterol from the body. Your best sources of dietary fiber are fruits and vegetables, followed by some grains like oatmeal, millet and brown rice. Eat 50% raw foods.



**2. LIMIT ANIMAL PROTEIN!** Avoid fatty red meat. Instead eat broiled fish and skinless turkey and chicken. Use raw almonds and tofu.

**3. SPICE IT UP!** Eat garlic, onions, curry and cayenne. They contain compounds that help reduce cholesterol levels.

**4. AVOID CAFFEINE!** Caffeine in coffee and soft drinks is dehydrating and increases stress hormones which put a greater load on the heart.

**5. AVOID COMMON STIMULANTS!** Pass on the alcohol, chocolate, sugar, butter, fried foods, white bread and trans-fatty pastries and cookies. They clog and stress the system.

### 6. GO GREEN, GET LEAN!

Eat as many green leafy vegetables or take as many "green drinks" as you can. They contain vital antioxidants that help free radicals in the body.



**7. MOVE IT OR LOSE IT!** Get regular exercise like walking, biking or swimming. 30 minutes every day is ideal. Consult with your doctor for the program best for you.

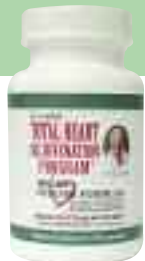


**8. CHECK IT OUT!** Get your blood pressure and cholesterol levels checked by your doctor on a regular basis.

**9. TAKE THIS PROVEN SUPPLEMENT!** Acetyl L-Carnitine can help reduce fat and triglyceride levels in the blood and increase oxygen intake and stress tolerance. When combined with NATTO CLEAR, you get the benefits of a powerhouse health duo that is unsurpassed in heart protection.

**10. TRY NATTO CLEAR FOR 60 DAYS RISK FREE!** Whether you aim to strengthen, repair or rejuvenate your heart, NATTO CLEAR is the single best thing you can do to keep your heart strong and steady for life. NATTO CLEAR contains the food-based enzyme Nattokinase. It is NOT a chemical. NOT a drug. But rather a 100% natural food-based nutraceutical that is linked to 1,000-year-old track record of longevity.\*

**FREE BOTTLE OF DR. LUNDELL'S BROAD-SPECTRUM ANTIOXIDANT WITH YOUR ORDER OF 3 OR MORE!**



**WHY YOU'LL WANT TO GET A FREE BOTTLE!** Dr. Lundell's powerful, broad-spectrum antioxidant formula, including the most effective heart-strong fighters like CO-Q 10, Resveratrol, Glutathione, Selenium, Vitamin E, three heart-saving B vitamins, has been specifically designed to prevent the oxidation of LDL cholesterol, fight free radicals and strengthen blood vessel walls. Why not give your heart this protection, FREE!

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



FORGET the fear of heart disease, stroke, and high blood pressure and get ready to gain remarkable NEW energy that'll make you feel like you just got a brand new body!

# Try NATTO CLEAR,<sup>TM</sup> RISK FREE!

Available only by direct order from the Institute for Vibrant Living

CALL **1-800-218-1379** TODAY!

**BEST DEAL & RECOMMENDED!** Order a 1-year supply of NATTO CLEAR (12 bottles) for just \$299.00 (SAVE \$180.40) and get 4 more bottles FREE, plus a FREE bottle of Dr. Lundell's Antioxidant (a \$19.95 value) plus FREE shipping, and a \$20 gift certificate. *(That's a whopping savings value of \$387.10!)*

ITEM# NC04

**GREAT DEAL!** Order a 6-month supply of NATTO CLEAR (6 bottles) for just \$199.00 (SAVE \$40.70) and get 2 more bottles, FREE, plus a FREE bottle of Dr. Lundell's Antioxidant (a \$19.95 value) and FREE shipping. *(That's a TOTAL savings value of \$137.50!)*

ITEM# NC03

**GOOD DEAL!** Order a 3-month supply of NATTO CLEAR (3 bottles) for just \$119.85 plus \$6.95 shipping and get 1 more bottle FREE, plus a FREE bottle of Dr. Lundell's Antioxidant. *(That's a total savings value of \$59.90!)*

ITEM# NC02

**TRIAL OFFER**

Order a 1-month supply (90 capsules) of NATTO CLEAR for just \$39.95, plus \$6.95 shipping and handling. **ITEM# NC01**



**PLEASE SELECT YOUR PAYMENT OPTION:**

(Arizona residents please add 8.35% sales tax)

ENCLOSED is my check or money order for \$ \_\_\_\_\_ (make payable to Institute for Vibrant Living)

Please bill my credit card

MasterCard  VISA  Discover

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

Exp. Date \_\_\_\_/\_\_\_\_/\_\_\_\_ CVV# \_\_\_\_\_ (3-digit security code on back of card)

Signature \_\_\_\_\_

E-mail Address \_\_\_\_\_

(When product ships we will e-mail you an order confirmation)



**YOU'RE 100% GUARANTEED!**

I understand that if I am not completely satisfied with NATTO CLEAR, I can return the unused portion within 60 days and receive a 100% refund, less S/H. NO questions asked.

**SHIPPING POLICY**

YOU PAY \$6.95 FOR GROUND SHIPPING WITHIN THE CONTINENTAL U.S., UNLESS OTHERWISE INDICATED IN OFFER. PLEASE CALL FOR INTERNATIONAL SHIPPING. REFUNDS EXCLUDE SHIPPING.

**Mail to: Institute for Vibrant Living  
P.O. Box 3840 Camp Verde, AZ 86322-3840**

**FOR FAST CREDIT CARD or Echeck ORDERS, CALL TOLL-FREE 1-800-218-1379**  
M-F 8am-11pm EST • Weekends 11am-6pm EST

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longevity rate  
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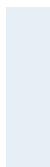
**BIG SAVINGS! FREE GIFTS!** NOTHING TO LOSE IF YOU'RE NOT 100% SATISFIED!

**PLUS INSIDE:** 10 EASY WAYS TO KEEP YOUR HEART BEATING STRONG & STEADY FOR LIFE...

**ONCE YOU CLEAR YOUR BLOOD YOU'LL FEEL LIKE YOU CAN ACCOMPLISH ANYTHING...**

- ♥ PROTECT yourself against any form of heart disease...
- ♥ PROTECT your brain against stroke...
- ♥ LOWER blood pressure...
- ♥ SUPERCHARGE your energy...
- ♥ EASE any form of muscle pain...
- ♥ REVERSE vision problems...
- ♥ IMPROVE brain and memory function...
- ♥ ERASE varicose veins...
- ♥ WAKE up feeling younger and stronger no matter what your age or current physical condition.

— \$ Savings Code



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NCB1008