



The Spring  
center for natural medicine

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## **5 Steps to Great Health (introduction)**

*A Revolutionary New Approach to Overcome Illness*

### **The Quest for Ideal Health**

To reach a state of great health, most people must first overcome their chronic health problems, such as joint stiffness, muscle aches, asthma, allergies, headaches, high blood pressure and all the "itis's" such as arthritis, prostatitis, urethritis, cystitis, diverticulitis, hepatitis, sinusitis, etc. According to the Center for Disease Control, as of the year 2000, more than 1 out of 2 Americans are termed chronically ill and that figure gets worse as each year passes.

### **Our Mission**

To empower every person to attain their own limitless healing potential through the use of quantum resonance nutraceutical formulations, spectacular detoxification techniques and premier therapeutic strategies.

### **Developing the 5-Step Protocol**

After working clinically with thousands of people over the past 30 plus years, we gradually developed an effective protocol that focuses first on the recovery from chronic illness, then on the attainment and maintenance of great health. Through the course of our experience, we have distilled five key steps which we have discovered to be essential to the healing process and have engineered and developed our premier line of nutraceuticals to make it easy for you to accomplish each of these five steps. They are as follows:

- 1. Restore an Alkaline Body pH**  
Indicated by a consistent, first morning and evening urine pH between 6.4 to 7.0.
- 2. Normalize Hormone Balance**  
Quantum Resonance Analysis™ (QRA).
- 3. Detoxify the Body**
  - Identify current toxic body burden and begin appropriate detoxification protocols.
  - Identify and eliminate source of toxic body burden.
  - Reset biofield to eliminate stored emotional/physical trauma, which may suppress the body's healing and detoxification functions.
- 4. Eliminate Chronic Infections**  
By using targeted nutraceuticals concurrent with detoxification.



## Step 1: Restore and Alkaline Body pH

As indicated by a first morning urine pH of 6.4 to 7.0

The first goal on the way to great health is to restore the body's pH to the alkaline range. Almost all chronic illness takes place in a body that has become acidic due to the gradual depletion of its mineral reserves.

### Testing Urine pH

It has been clinically established that the urine's pH is an accurate reflection of the whole body's tissue pH. The state of the body's acid/alkaline balance can be easily measured by testing the urine using hydrazine paper also called pH paper).

The urine pH is directly correlated to both tissue oxygen levels and soft tissue levels of minerals, such as calcium, magnesium and trace elements. These minerals are the basic currency of exchange for literally every cell in the body.

### Testing the First Morning Urine pH

First, the first morning urine is tested to determine whether the pH is acid or alkaline (the "first morning urine" is defined as the first urination after 5 AM).

If the first morning urine pH is acidic (a pH below 6.4), this indicates the body is in a state of physiological dysregulation and distress due to lack of sufficient minerals which are needed to adequately carry out thousands of basic cellular functions. Therefore, our immediate goal is to restore a consistently alkaline first morning urine pH (within the range of 6.4 to 7.0) by using fast-acting coral minerals (which are highly ionized and easily absorbed).

### Testing the Evening Urine pH

Once the pH of the first morning urine stays consistently in the alkaline range (for a period of at least 2 weeks), the next step is to begin testing the evening urine pH (best measured just before the dinner meal around 5 or 6 PM).

### The pH Trio

To rapidly replete and maintain soft tissue mineral reserves, the best method we've seen in our 30 years of clinical practice is the use of either the pH Trio (3 synergistic products to promote an alkaline pH) or Quantum Coral Complex capsules.

When the first morning urine pH is below 6.0 and bone loss symptoms are present, usually larger amounts of calcium, magnesium and trace minerals are needed. In this case, the pH Trio is recommended. In many such cases, there may be infection in the bone as well. If so, Q. Bone and Joint Complex should be added. Q. Bone & Joint Complex contains marine coral with a full spectrum of bone-promoting synergists and also delivers immune-specific support to help the body restore ideal health function to bone mass concerns.\*

*Typical dose: 2 to 3 Vcaps/meal.*



### The pH Trio consists of:

**Coral Legend** the first product of the pH Trio, consists of 100% Sango marine coral powder which contains highly ionized calcium, magnesium and trace elements. *Recommended use for adults or children (age 2 and up):* ½ to 1 teaspoon/once to twice per day.

**Quantum Aloe Powder** the second product of the pH Trio, combines an inner-leaf aloe concentrate with organic pomegranate. When mixed with Coral Legend, the amino acid structure of the aloe powder ideally targets the coral minerals to the soft tissue for greater metabolic efficiency.\* *Recommended use for adults or children (age 2 and up):* ½ teaspoon/day mixed with the Coral Legend in water or juice.

**Quantum Cod Liver Oil** the third product of the pH Trio, provides U.S.P. grade, mercury-free cod liver oil which is rich in Vitamin D3, an essential nutrient for calcium utilization at the cellular level. It also contains rich amounts of EPA and DHA which are critical for the brain's growth, repair and maintenance. *Recommended use for adults or children (age 2 and up):* 2 Vcaps or ½ teaspoon/day.

#### **Coral in Capsule Form**

**Quantum Coral Complex** is ideal for those who prefer to take the coral minerals in capsules. It contains coral minerals (with its highly ionized calcium, magnesium and trace elements) and special mycelial mushroom extracts which naturally contain provitamin D for calcium transport into the cell. *Recommended use for adults or children (age 2 and up):* 2 to 6 Vcaps/day.

### **pH: What to Expect**

#### **How to Start Using PRL Products**

The most important first step for every person is to balance the first morning urine pH, which is a reliable indication of the body's acid/alkaline status. Next, begin to support key detoxification organs, especially the kidney and liver.

#### **"The pH Story"**

This 6-page article explains how pH works, how to measure your own pH at home, why ionized marine coral supplementation is so important, and how to balance your pH to alkalinize your body. (Note: we recommend only Sango marine coral with the ideal 2:1 ratio).

#### **Kidney and Liver Support**

It is important to support the kidneys and liver with broad-spectrum premium quality nutrients. **Quantum Kidney Complex** helps to purify the blood and minimize adverse/detox overload and possible side effects.\* **Quantum Liver Complex** helps detoxify and support the liver, gallbladder and digestion.\*

#### **Special Support in Advanced Acidosis**

In advanced acidotic states (a first morning pH below 6.0), mineral status is always poor. In osteoporosis (actually an infection of the bone) and extensive bone loss, the problem is sick bone as well as bone loss. **Quantum Bone and Joint Complex** (2 to 3 Vcaps/meal) can be added **the pH trio** to boost bone-building and immune-specific support for the bones.\*



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### **Should you expect every person with a low pH to respond to PRL's revolutionary pH products?**

The overwhelming majority of people in the U.S. are critically mineral deficient but are still typically able to respond rapidly and favorably to our highly ionized coral products, the pH Trio and the Quantum Coral Complex. However, there are special cases where additional considerations are needed, such as the following:

#### **Kidney Disease/Failure**

Coral products *should not* be taken until at least 15% of kidney function has been restored. When kidney function is below 15%, the urine pH typically will not respond and/or kidney symptoms may worsen if any concentrated mineral (especially calcium) supplements are taken. The only way to deliver minerals safely in severe kidney dysfunction is to use large amounts of **Quantum Greens Mix** (several tablespoons per day - taken throughout the day) because of its ability to deliver natural-source minerals without any kidney stress (due to its ideal pH, osmolarity, etc.).

#### **Infection**

In acute infections, the body is rapidly using up available mineral stores to fight the infection. In addition to taking PRL pH-balancing products, immune support should be used to help the body rapidly resolve the infection. (See PRL's immune support products). In chronic infections, our pH-balancing products will help; however, special, targeted immune support should be used as well.

#### **Chronic Carbon Monoxide Poisoning**

In carbon monoxide poisoning, the patient often presents with a first morning urine pH below 5.0. The pH will not return to normal range until the carbon monoxide exposure is stopped.

Common examples of chronic carbon monoxide exposure: auto mechanics who work indoors with engines running; taxi service personnel who stand near running engines for long periods of time; people who breathe air from burning wood (or synthetic logs) in fireplaces with improper ventilation; and people breathing heavy cigarette smoke in enclosed areas.

#### **How long does it take to achieve a stable, ideal pH (measured by the first morning urine pH)?**

Rapid improvement of the pH is seen in most cases when no infection is present. However, many Americans over age 30 often have low-grade, chronic infections (from dental infections, intestinal infections and other sources). Americans often consume high-protein diets (protein helps to upregulate immunity and energy because it increases immunoglobulins), but heavy protein diets also rapidly exhaust the body's mineral reserves. The result is a much greater need for minerals, especially calcium, magnesium and trace minerals, which are well supplied by coral.

Often, those on high-protein diets show an erratic urine pH in the evening, even though the first morning urine pH may be within range, which can be a marker of chronic infection.

The best approach is to gradually decrease protein consumption to normal levels while assessing a baseline pH and then eliminating all infections.



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When a consistent pH in the ideal range (6.4 to 7.0 pH) is achieved in both the morning and evening (measured before breakfast and before dinner), then much smaller amounts of supplementation are needed.

### **HCL Detox Therapy**

One of the least expensive and most effective methods to help the body overcome and eliminate chronic infections and immune exhaustion is HCL Detox Therapy.

Natural-source HCL combined with live-source potassium together act as a cellular powerhouse for deep-seated detox at the cellular level. Usually 1 or 2 Vcaps of **Q. Betaine HCL** and 1 to 2 Vcaps of **Q. HCL Activator**.

## **Step 2: Stabilize Hormone Balance**

Identified by Quantum Resonance Analysis (QRA), Saliva Hormone Assay or Meridian Stress Assessment (MSA) The hormone balance of the body is a complex, interactive symphony of different regulating compounds. These hormones are internal messengers which are necessary to control and regulate the body's processes. Since chronic illness typically leads to hormonal exhaustion, the next step is to identify and support the glands which need more support to produce a sufficient amount of their hormones. Hormone deficiency can lead to global body symptoms such as sleep dysregulation, difficulty with the bowels, chronic fatigue, the inability to exercise and can negatively influence literally any organ or gland in the body.

*The most common areas which may need support are:*

### **Pituitary/Hypothalamic Support**

If the pituitary is weak or toxic, there may be runaway, allergic-type reactions or other extreme reactions.

**Quantum Adaptogen™ Complex** provides general support for the pituitary neuro-endocrine axis.\* Often, this product alone is enough support to rebalance the entire brain and adrenal neuroendocrine system.\*

*Recommended use:* Adults or children (age 4 and up): 2 to 3 Vcaps/day.

**Amla Royale** is a rejuvenative tonic from India, ayurvedically grown and processed herbs.\* In long-term chronic illness, the pituitary gland and its interactive pathways with the hypothalamus are often exhausted, which can lead to global dysregulation of the body's hormone production. In these cases, many are nonresponsive to any type of therapy since even the body's basic hormone pathways are "off line."

The use of an amla-based, rejuvenative tonic (grade 10, India-source) can supply abundant phytochemical resources to dramatically help re-establish hormone competence. This ancient herbal tonic has a centuries-old track record in many countries for balancing the pituitary/hypothalamic axis by stabilizing the endocrine meridians and replenishing mineral stores.\*

An overall rejuvenative tonic for the hormones is especially helpful in cases of hypothalamic exhaustion. The leading herb, amla, is well known as a rich source of natural vitamin C and an ideal DNA repair tonic.

*Recommended use:* Adults or children (age 4 and up): ½ teaspoon per day. It can be used along with Quantum Adrenal Complex and Quantum Adaptogen Complex as needed with no fear of contraindications.



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**Gold 360** is the combination of two ancient adaptogenic tonics with a 500 year proven track record. This formula contains the only live, viable stem cell source for cell line rejuvenation through de-differentiation. It supports the kidneys, adrenals, brain, pituitary, hypothalamus and often the thyroid.

*Recommended use:* Adults or children (age 4 and up): ½ teaspoon, morning and night.

### **Adrenal/Pituitary Support**

The most common hormonal imbalance is adrenal dysfunction. Adrenal stress is epidemic in America. The adrenals play 3 key roles: 1) fluid balance; 2) helps settle inflammation in the body when needed; 3) provides sufficient energy to get through each day.

When a person does not get 5 continuous hours of sleep at night, often there will be adrenal exhaustion. Since a key role of the adrenals is to hold moisture in the intestines, when the adrenals are stressed, there may be hard stools ("golf balls") for bowel eliminations. In these cases, adrenal support is critical for adequate resolution.

*Note:* A common but overlooked cause of chronic anxiety symptoms (from adrenal/kidney sedation) is due to the bioenergetic stagnation/blockage from an episiotomy scar (after childbirth) which often reflexes to the adrenals/kidneys with the effect of sedating them (often for many years after the scar incision - even though it visually appears well healed). In these cases, the use of Medi-Body Packs on the scar sites is essential to clear the blockage. (See directions for use of the Medi-Body packs).

**Quantum Adrenal Complex** (a cordyceps extract with key synergists) is often used together with Quantum Adaptogen or alone and is ideal for adrenal and spleen rejuvenation and support.\* Quantum Adrenal Complex contains both the whole raw concentrate and the fermented mycelial extract of cordyceps: together they have been proven to be the most potent cordyceps delivery system. In addition, this formula contains premier nutritional synergists and co-factors.

*Recommended use:* Adults or children (age and 4 up): 4 Vcaps/day at breakfast. Severe cases and/or for more rapid response, 6 Vcaps at breakfast and 6 Vcaps or more at lunch. Best given before 2 p.m.

**Max Stress B Nano-Plex™** is the world's first, live-source for the super end-chain, high energy forms of each type of the B vitamins which are used by the adrenals to safely and naturally upregulate adrenal hormone production and by the liver and brain to deliver an almost instantaneous upregulation in their function.\*

*Note:* In Vata-dominant body types (more sensitive individuals), use only a few drops of Max Stress B NanoPlex™ at a time to upregulate the liver.

*Recommended use:* Adults and children (age 4 and up): ½ teaspoon in 1/4 cup water or liquid daily.

**Quantum Nutritional Flakes:** A natural-source vitamin B complex is needed for adrenal hormone synthesis as well as for production of energy and Phase II liver detoxification in the body. An excellent source of natural B Complex vitamins and glutathione is primary grown nutritional yeast (grown on molasses, *not petrochemical sludge*). It is an ideal functional whole food (at a low price) with a rich, nutty flavor that can easily be added to many foods. *Recommended use:* 1 tablespoon mixed in food daily.



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**Quantum Tomato Concentrate:** A great-tasting nutritional support for the adrenals is a toxic-free, nonhybrid South American tomato concentrate. It naturally contains high levels of natural-source potassium: a whopping 450 mg/tbsp. (Imagine - this is 4.5 times the amount permitted by law if the potassium is taken as an isolated mineral!) Natural-source potassium helps maintain electrolyte balance, easing the adrenal load since the first job of the adrenals is to maintain fluid balance using electrolytes. This tomato concentrate also contains unusually high levels of natural-source lycopene (270 mg/tbsp.), a powerful antioxidant which supports the prostate and breasts.

**Premier Pink Salt.** Although recommending the addition of natural sea salt to a person's diet may seem somewhat unimportant, consuming natural salt can mean a big difference in a person's physiology. Salt can ease the adrenal fluid balance burden and allow the body to focus on its second task: settling inflammation. Most commercial salt is heated to 1,100 degrees F. – making it a toxic, kidney-stressing substance – which can actually hurt the kidneys. In contrast, Premier Pink Salt is a combination of natural-source, unheated raw sea salts, replete with a full spectrum of natural trace elements – which can nourish the adrenals. Without a good source of natural salt, the adrenals can go into distress - then failure. For most people, salt-free diets are not recommended. *Recommended use:* Use small amounts of Pink Salt to season food as you would regular salt.

### Reproductive Hormone Support

The first goal of natural hormone therapy is to support the hormone-related organs to balance hormone production. The next step is to detoxify the hormone-related organs (especially liver and pituitary) for the most efficient functioning of hormone usage. Lastly, the goal is to keep the body's hormones in balance by providing the nutrients the body needs to adequately produce its own hormones.

**Quantum Multi-Pollen Extract** provides 18 different pesticide-free, European pollens (with over 500 different bioflavonoids) for maximum whole-body hormone support.\* These pollens have had the mold spore removed to eliminate allergy risk and support female and male reproductive hormone balance, including brain endocrine hormones. This multi-pollen extract works so well that most of the time no other hormone support is needed.

European multi-pollen extract (heavy metal and pesticide free - *unlike most pollens*) supports brain and reproductive hormonal function and often is all the help about 85% of all men and women need to balance their hormones in their advancing years.\* In addition, multipollen extract helps strengthen the bladder to support healthy urination and the prostate, even in severe prostate cases.\*

*Recommended use:* Adults or children (age 4 and up): Usually 1 to 2 Vcaps at breakfast and lunch.

### Progesterone Support

Since progesterone is a key hormone which the body uses in detoxification, the body's progesterone levels are often depleted in chronic illness. To replete progesterone, the use of a natural progesterone cream such as **Quantum Gesterone™ Cream** can quickly rebuild the progesterone levels to help cellular detoxification as well as re-establish a healthy estrogen-progesterone balance provided that there is good adrenal function.



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However, the ultimate goal is to eventually eliminate the need for progesterone cream as the body is nutritionally supported and is once again able to make adequate quantities of progesterone on its own, especially by using European multi-pollen extracts (clinically proven to support the body's internal production of natural hormones) and other full-spectrum hormone balancing nutrients. In most cases, the use of natural progesterone cream will be needed for a few months up to a year.

**Quantum Natural Gesterone™ Cream** deliver U.S.P. grade recommended use for most women is 1/4 teaspoon daily, the ideal dose according to Dr. Lee. Our Natural Gesterone™ Cream contains progesterone made from wild yam (which has been converted in a laboratory to natural progesterone). It is free of toxic chemicals such as PEG-8 stearate, propylene glycol and methylparaben so it can be used on the face continuously without clogging the pores, unlike literally all other such creams. *Recommended use:* ½ teaspoon once or twice daily massaged into thin skin areas (2 or 3 weeks/month in premenopause and continuous use after menopause). (See full directions for use).

**Quantum Rejuvenation Cream** In many cases, especially men over age 55 and women over age 45, the best choice is the use of a broad-spectrum, 3-hormone cream which contains natural progesterone (2%) to help balance the estrogen/progesterone ratios, DHEA (5%) for adrenal support and pregnenolone (5%) to support all steroid hormone synthesis. Quantum Rejuvenation Cream delivers all three natural hormones and is free of toxic tag-alongs that can create liver toxicity and further compromise hormonal balance. Premier Rejuvenation Cream is ideal for those who are older and/or suffering with low cholesterol, etc. Pregnenolone is essential when cholesterol levels are below 150 and also helps maintain collagen integrity to prevent sagging (especially in women over age 50). *Recommended use:* 1/4 teaspoon daily massaged into skin, usually facially.

**Quantum Fem PMS** is ideal support for PMS and healthy menstrual cycles.\* In PMS, the symptoms are usually the result of liver toxicity as well as hormone imbalance, especially estrogen dominance. In these cases, coffee enemas (see *Coffee Enema procedure*) can provide an immediate release of toxic bile congestion as well as cleansing and upregulating the liver, allowing for more regular, symptom-free menstrual cycles. In bulimia or anorexia in teenagers, there may be low cholesterol levels which must be addressed. *Recommended use:* Adults or children (age 4 and up): 1 to 3 Vcaps at breakfast and lunch. In certain cases, natural-source B vitamins may also be necessary to upregulate liver and adrenal function.

**Quantum Fem Balance** is ideal support for menopause.\* This can also be used with Quantum Fem PMS for extra support in difficult menopause cases and where symptoms are severe. *Recommended use:* Adults or children (age 4 and up): 1 to 3 Vcaps at breakfast and lunch.

**Quantum Royal Jelly** (fresh-frozen from China). This is the ideal super food for any male or female reproductive dysfunction because it contains ideal natural-source nutrients and the hormone regenerative matrix, unmatched by any other product in the world. *Recommended use:* ½ teaspoon, morning and night to



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person weighing 150 lbs or less; up to 200 lbs, use 1 teaspoon, morning and night; over 200 lbs, use 1-1/2 teaspoon, morning and evening.

### Estrogen Support

**Quantum Estro Complex** is a phytonutrient formula featuring natural SERMs (selective estrogen receptor modulators) such as fermented isoflavones from nontoxic soy (not common, toxic unfermented isoflavone concentrates which are *not* recommended), red clover extract and DIM (diindolylmethane) which act like a natural-source estrogens, especially helpful during and after menopause.

SERMs helps eliminate xeno-estrogens which have bioaccumulated in the body from many sources over time, such as composite dental restorations (which slowly leach out toxic residues), pesticides in food, toxic skin care products, household cleansers and other aromatic chemical exposures that may be blocking hormone receptor sites. In stubborn cases (especially in older women), the hormone receptor sites may have become congested with xenoestrogens from years of use of synthetic HRT.

Although this product provides dramatic help in many post-menopausal women, it does not de-congest the lymphatic vessels which may contain rock-hard "bee-bee's", especially around the breast areas. (In these cases, use Devil's Claw Nano-Detox™ to clear the lymphatic congestion). *Recommended use:* Adults or children (age 4 up): 3 to 6 Vcaps are taken at breakfast and lunch.

**Quantum Royal Jelly** (fresh-frozen from China). This is the ideal super food for any male or female reproductive dysfunction because it contains ideal natural-source nutrients and the hormone regenerative matrix, unmatched by any other product in the world.

*Recommended use:* Adults or children (age 4 and up): ½ teaspoon, morning and night up to a person weighing 150 lbs or less; up to 200 lbs, use 1 teaspoon, morning and night; over 200 lbs, use 1-1/2 teaspoon, morning and evening.

### Testosterone Support

As the body ages, testosterone levels can decline in both men and women. Studies show the testosterone may be the most important single hormone that aging men need. Natural testosterone support may be a key player in the hormone balance for both men and women.

**Quantum Testosterone Complex.** This is a highly effective, clinically proven nutraceutical complex without animal glandulars. In men, it has been proven to raise testosterone levels to the normal range while lowering elevated estrogen levels and also raising beneficial DHEA levels. It can also provide dramatic help for boosting cardiovascular integrity, increased libido, lean muscle mass and strength. *Recommended use:* Adults or children (age 4 and up): 1 to 3 Vcaps daily.

**Quantum Royal Jelly** (fresh-frozen from China). This is the ideal super food for any male or female reproductive dysfunction because it contains ideal natural-source nutrients and the hormone regenerative matrix, unmatched by any other product in the world. *Recommended use:* ½ teaspoon morning and night up



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to a person weighing 150 lbs or less; up to 200 lbs, use 1 teaspoon, morning and night; over 200 lbs, use 1-1/2 teaspoon, morning and evening.

### Thyroid Support

Most commonly, low thyroid hormones (hypothyroidism) may be the result of stress, heavy metal exposure/toxicity, inadequate dietary factors, low iodine intake, low progesterone levels as well as many other factors. Because of the key role the thyroid plays in hormone regulation, a toxic thyroid can create false thyroid suppression. After adequately detoxifying the thyroid, many women who have been on synthetic thyroid medication for years have been able to eliminate these medications.

**Quantum Natural Gesterone™ Cream.** In chronic illness, the thyroid gland often becomes exhausted and the production of thyroxin, the chief hormone of the thyroid, may become chronically low. In many cases, thyroxin levels become depressed, secondary to low progesterone levels. The use of a non-toxic, natural progesterone cream for 1 to 3 months (or more) can help support and balance the thyroid's thyroxin production. *Recommended use:* ½ teaspoon, once or twice daily massaged in thin skin areas (2 to 3 weeks/month in premenopause and continuous use after menopause). (See full directions for use).

**Quantum Thyroid Complex.** Often heavy metals, infection and/or radiation damage may impair the thyroid's function. You will find the best success in supporting the body's healthy thyroxin production by using 3 to 6 Vcaps, breakfast and lunch, for 8 to 12 weeks.\*

**Heavy Metal Nano-Detox™** and/or an anti-infective formula may be used along with Quantum Thyroid Complex as needed to rapidly support ideal thyroid function and detoxification, especially heavy metal toxicity.

*Recommended use:* Adults or children (age 4 and up): ½ teaspoon (under 150 lbs); 1 teaspoon (up to 200 lbs); 1-1/2 teaspoon (up to 250 lbs); mix in ½ cup water and drink daily, morning and evening.

**Super Nano-Green Tea™** is a nanized (exquisitely bioavailable) form of non-irradiated grade A green tea. It is the most effective radiation detox therapy for the thyroid and parathyroids and is proven support for rapid body recovery from radiation damage.

*Note:* Radiation byproducts are cumulative in the human body. This formula is especially effective support/protection for those that are regularly exposed to radiation sources such as from X-rays (physicians,

dentists, chiropractors, etc.) and those who travel frequently by plane. Just one flight from LA to New York delivers the amount of radiation you would receive in one year on the ground.

*Recommended use:* Adults or children (age 4 and up): ½ to 1 teaspoon in ½ cup water, morning and evening.



## Step 3: Detoxify the Body

### A) Identify current toxic body burden and begin appropriate detoxification protocols.

So great is the exposure and bio-accumulation of toxic chemicals, such as heavy metals, pesticide/insecticide residues and industrial chemicals, that we recommend "detox" nutritional support individualized for each person.

#### 1). Deep Cellular Detoxification

For broad-based, deep cellular detoxification and remethylation, use the HCL Detox Kit. Simply open 1 or 2 Vcaps of Q. Betaine and 1 or 2 Vcaps of Q.HCL Activator mixed in 2 or 4 oz. water after meals, 1 to 3 times daily. Build slowly with sensitive (Vata) body types. After consuming the HCL drink, rinse the mouth with water.

#### 2). Heavy Metal Detoxification

To help cleanse heavy metal deposits from the brain, kidney, bowels, thyroid, parathyroid, etc., key support agents are:

**Heavy Metal Nano-Detox™** features "nanized" grade A chlorella for gentle but thorough heavy metal cleansing and is the most popular product for this purpose. Typical use: ½ to 1-1/2 tsp in 2 to 4 oz. water, upon arising and 1 hour after dinner.

**Quantum Heavy Metal Detox** features broken cell wall chlorella (grade A, Japanese, ocean-grown source) with broad spectrum synergists. Typical use: 2 Vcaps, 3 times daily. Also see Quantum Chlorella; typical use: 2 Vcaps, 3 times daily.

**Grasses** (non-hybrid, South American young grasses of barley, wheat and oat) such as found in **Quantum Greens Mix**; 3-6 Vcaps at breakfast and lunch or 1 to 2 tsp. powder at breakfast.

#### 3). Pesticide/Insecticide Detoxification

To help eliminate the stubborn residues of pesticides, insecticides and other chemical toxins, a key support agent is:

Modified Citrus Pectin (solvent-free) as found in Quantum Chem Detox: 3 to 6 Vcaps, breakfast and lunch.

#### 4). Kidney Support

During detoxification, kidney support has become one of our key recommendations:

Agaricus Bisporous Extract (Chinese, grown in rich, non-chemicalized soil). Research confirms the powerful blood purifying properties of this extract which helps download the toxic burden on the kidneys and bowels. See Quantum Kidney Complex. Typical use is 3 to 6 Vcaps at breakfast and lunch.

#### 5). Liver/Gallbladder Detoxification

For powerful liver detoxification (Phase I, II and III), see the Master Liver/Gallbladder Flush.



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#### **6). Liver/Gallbladder Support**

Liver Nano-Detox™, Gallbladder Non-Detox™, Quantum Liver Complex, Quantum Gallbladder Complex, Quantum Reishi Complex, Max Stress B Non-Plex™, Quantum SOD (superoxide dismutase), DHLA Nano-Plex™, Quantum NADH, Quantum Turmeric, Quantum Propolis Complex, Quantum Digest.

#### **7). Functional Foods for Liver/Gallbladder Support**

Medi-Aminos (Bean/Grain), Medi-Aminos (Rice), Lean-Body Whey™ Protein Blend, Tocotriene Complex™, Quantum Whey Protein Powder.

**8). Deep Lymphatic Drainage** Devil's Claw Nano-Detox™ degranulates the rock-hard type lymph deposits. Typical dose is 1/4 to 1/2 tsp. daily, upon arising and 1 hour after dinner.

Using **Quantum Castor Oil Packs** (with highly effective Indian castor oil) can be critical help, especially for kidney, liver and gallbladder. Best initial site for packs is the kidneys (check by QRA testing). See **Quantum Castor Oil** instruction sheet for directions.

The **Medi-Dental Pack** is excellent for dental concerns (tooth and gum areas including submandibular glands).

**9). BRT Therapy** (Biofield Repolarization Technique) can rapidly restore coherence to the body's biofield and eliminate the effects of emotional/physical trauma. When reinforced daily (self home care) for 21 days, BRT can achieve resolution often not possible by any other means.

Used together with Medi-Body Packs™, it can permanently re-establish energy flow through scars in 21 days or less – even the most severe interference fields caused by hidden scar reflexes.

**10). Reopen 4 Key Download Sites** through use of the Medi-Body Pack™ applied (palm size area) to both hands and feet which can rapidly open and cleanse the four key download sites which are essential for complete whole body detoxification. (See Medi-Body Pack™ instructions).

### **B) Identify and eliminate sources of toxic body burden.**

It is essential to identify and eliminate the most apparent inducers and promoters of chronic illness for each person.

To uncover these hidden enemies, ask each person to complete a thorough Dietary and Lifestyle Questionnaire. Our summary article, "The Instant Cure," lists 26 of the most common inducers and promoters of chronic illness in American people of all ages.

**1). Non-Toxic Body Care Products.** What you put on your skin, you are actually eating, since the ingredients are typically absorbed through the skin into systemic circulation.

Therefore, a critical step for each person is to discontinue using all toxic body care products and replace them with 100% toxic-free, body-friendly products, including both skin care and hair care products.

*Examples of Toxic Ingredients to Avoid:* SLS (sodium lauryl sulfate), methyl paraben, propylene glycol, fragrance, peg-8 stearate and most ingredients with chemical names.



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**2). Non-Toxic Cleaning Products.** Once again, whatever you touch or breath has the potential to be absorbed into the body and bio-accumulate if the body's detox pathways are inadequate. The best course of action is to avoid chemical-based cleaning products and use 100% toxic-free cleaning agents such as nonchlorine bleach, instead of chlorine bleach.

**3). Protection from Electromagnetic Pollution.** Unseen electromagnetic field (EMF) pollution is considered to be the most dangerous type of pollution today. Many types of man-made EMFs can disrupt every known biological system in the body such as the proper functioning of the hormonal system or the generation of brain waves. Therefore, the use of EMF protection devices is critical.

**4). Water Purification Devices.** Tap water from typical municipal water facilities is known to potentially contain over 3,000 different toxic contaminants, including chlorine and synthetic chemicals. Therefore, using your own water purification device for all water that you consume (and cooking purposes) is essential.

**5). Air Purification Devices.** Indoor air pollution from many sources of contaminants is a common problem, such as the slow outgassing of toxic fumes from laminated wood furniture, carpets, drapes, etc. Even in relatively clean air cities (such as Austin, Texas), we still highly recommend the use of an adequate indoor air purifier such as the HealthMate from Austin Air, for use inside the home and office environment.

**6). EMF Protection Devices.** PRL's unique, hi-tech EMF diodes called Protectors can offer protection from common disruptive EMFs by converting harmful EMFs into biologically harmless fields. PRL offers a range of protective devices: the Computer Protector, Phone Protector, Cell Phone Protector, TV Protector, Circuit Protector and others. For example, avoid sleeping with a clock-radio near your head. For best, uninterrupted sleep, it is also best to eliminate computers in the bedroom.



## Step 4: Eliminate Chronic Infections

Most Americans are chronically ill (more than 1 in 2 according to the Centers for Disease Control as reported in 2000). The latest PCR (polymerase chain reaction) DNA test research at U.C. Irvine and University of Pennsylvania suggests most chronic illness is really due to infection. As a consequence, we list the fourth step to great health for most Americans as the elimination of chronic, often hidden infections.

A new medical paradigm is needed. We must first identify specific nutritional deficiencies, and then provide therapeutic amounts of quality nutrients to enable the body to heal itself. Next, we must remove as many sources of toxic exposure as possible, detoxify the body of bioaccumulated toxins and use specialty upregulating nutrients to help the body rapidly overcome infections.

### Essential Nutrient/Immune-Specific Support

#### The Super Food Trio

When the body is fighting infection, all the nutrients essential for life need to be generously supplied. The Super Food Trio delivers an abundant amount of these nutrients economically.

The **Super Food Trio** contains the following 3 products:

- 1) **Quantum Coral Complex** (2 Vcaps/meal) or Coral Legend (½ to 1 tsp. in food or drink).
- 2) **Quantum Greens Mix** (5 Vcaps or 1 tsp. at breakfast and lunch)
- 3) **Quantum EFA Oil Blend** (2-3 tsp./day or 6 Vcaps/day, take with protein-rich food).

### Targeted Nutrients/Immune-Specific Support

The Super Food Trio provides broad-spectrum nutritional support. As the Super Food Trio is used as a firm nutritional foundation, we are ready to provide the following for more immune-specific support:

#### Broad-Based Immune Support

- 1) **Quantum Colostrum** (2 Vcaps/meal). Colostrum is immune-specific support for the broadest range of possible problems, like having a superior stand-in immune system. Colostrum also helps to rest the immune system.
- 2) **Quantum Nucleotide Complex** (3-6 Vcaps at breakfast and lunch) or in acute cases, 6 Vcaps/meal. Nucleotide levels are often dramatically compromised in illness and especially when chronic dental problems are present. Research shows that taking oral nucleotides can dead-stop colds/flu often the same day and also reduce injury recovery time by up to 67%.

#### Acute Immune-Specific Support

Generally, **Quantum Coriolus** (2 to 3 Vcaps/meal) is recommended.



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## Chronic Immune-Specific Support

*Best supported by the following:*

- 1) InfectoStat** (2-3 Vcaps/meal). The featured botanical agent in this formula, olive leaf extract, has proven broad-spectrum anti-viral support, especially helpful when the body is dealing with nanobacteria, chlamydia or AIDS.
- 2) Alli-Supreme™** (1-2 Vcaps/meal) provides gentle immune-specific support\* and is well-tolerated by all body types. The key ingredient, stabilized allicin, has a proven kill rate against a broad-spectrum of infectious organisms, including Staph aureus and MRSA.
- 3) Quantum Propolis Complex** (usually 2-3Vcaps/meal) provides powerful immune-specific, broad spectrum support due to its incredibly rich base of bioflavonoids (over 500 different types).\* These bioflavonoids provide proven anti-inflammatory support as well.

## Biofilm Elimination

Over 99% of all infections are now known to live in biofilms. Biofilms are thick, sticky polysaccharide sacs. Literally all chronic infections from acne to prostatitis to diverticulitis are now known to be advanced biofilm infections. When a biofilm's mass enlarges greater than 15 mm in diameter, it is beyond the capability of the macrophage's immune attack and necessitates the use of biofilm destructive nutrients.

**1) HCL Detox Kit:** This 2-product formula mixed as a drink can rapidly eliminate chronic biofilms. It also helps replete the cell's methyl group reserves critical to suppression of cancer genes and reactivation of tumor suppressor genes. However, if used too aggressively, it can elicit strong detox symptoms such as cold/flu symptoms (i.e. runny nose, fever, achy joints, etc.). See next page for proper procedure.

**2) Alli-Supreme™** (1-2 Vcaps/meal) provides gentle biofilm detoxification by delivery of unstable sulfur compounds which reduces the detox load to the kidney and liver. However, it is not capable of cellular remethylation to the same degree of the HCL Detox Kit.

It is however a gentle and well-tolerated formula by all body types. The anti-infective properties of stabilized allicin is ideal for elimination of chronic acne, chronic sinusitis, etc. Alli-Supreme™ is the perfect mate to the HCL Detox Kit and is essential for weaker body types (Such as the Vata dosha) for biofilm elimination.

**3) Biofilm Spray.** Potent biofilm buster and eliminator. It can elicit strong detox and should be used only at the end stage of therapy or in the very young.



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### **Immune Specific Support for Nerve Meridian Pathways and/or Lymphatics**

Immune-specific support for the nerve and lymphatics are often overlooked especially in conditions like Alzheimer's disease, Parkinson's disease, diabetes, etc.

**Quantum Nerve Complex** can be used to pinpoint target the nerve and it can be coupled with immune-specific support such as:

**1) Quantum Hyssop Complex** (1-3 Vcaps/meal): for a gentle, yet comprehensive, whole-body response without increasing kidney load, especially useful when the body is dealing with mycoplasma.

**2) Quantum Soma Complex** (1-2 Vcaps/meal): faster acting, works synergistically with kidney support, especially Quantum Kidney Complex (1-2 Vcaps/meal). Quantum Hyssop Complex and Quantum Soma Complex are ideal to rapidly promote calmness and a sense of well being.

### **Ear and Throat Immune-Specific Support**

**Ears: Quantum Neem Oil** (1-2 drops in ear canal, 2-3 times a day), **NeemaStat** (1-2 Vcaps/meal).

**Throat: Quantum Neem Oil** or Quantum Carvacrol Oil, topically and internally (1 to 3 drops in water, 3 to 4 times/day) and/or **InfectoStat** (1-3 Vcaps/meal).

### **Yeast Immune-Specific Support**

Candida overgrowth is never primary. It is always the result of the actions of another infective organism. First, address the primary underlying infection to help eliminate the yeast. In this case, use the HCL Detox Kit coupled with **Alli-Supreme™** (1 to 2 Vcaps per meal). For therapeutic support, see recommendations under "Biofilm Elimination.

Use the Super Food Trio, but replace the Quantum Coral Complex with the more therapeutic pH Trio (since there is a more acidic state and thus a greater mineral need). Monitor 1<sup>st</sup> morning urine pH to assure a sufficient therapeutic dose.

For skin and mucus membrane support, also add Quantum Propolis Complex (3 Vcaps/meal) and Quantum Probiotic Complex (chew 2 Vgels for uptake into the mouth and small intestine) and also swallow 2 Vgels for large intestine delivery.\*

If you suspect that bowel immune support is needed, add **ParaStat** (2-3 Vcaps/meal).

### **Bowel Concern**

Immune-specific support is needed in leaky gut syndrome, ulcerative colitis, and in loss of intestinal motility. Suspect parasite infection. Add **ParaStat** (2-3 Vcaps/meal).

*Note:* Always support the kidneys to ensure adequate waste product detox capacity.

### **Immune-Specific Support**

**Skin:** For acne, **Alli-Supreme™** (1-2 Vcaps/meal), Quantum Propolis Complex (1-3 Vcaps/meal), **Allucidin™** (1-2 Vcaps/meal).

**Eye:** Quantum Eye Complex (3-6 Vcaps at breakfast and lunch), Quantum Hyssop Complex (2-4 Vcaps/meal), Quantum SOD (open 3 Vcaps under tongue between breakfast and lunch and between lunch and dinner and let dissolve under tongue, then swallow) **DHLA Nano-Plex™** (½ to 1 tsp. in 4 oz. water, twice daily).



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**Heart:** Heart Nano-Detox (1/2 to 1 tsp. arising and 1 hour after dinner).

**Breast, Lung, Ovary, Pancreas:** Quantum Wild Yew Complex (2-3 Vcaps/meal), CanStat™ (2-3 Vcaps/meal). In special cases, use Immune Stimulant I (1-2 Vcaps/meal) but use cautiously. Frequently check for kidney tolerance: support kidney with Quantum Kidney Complex (2-3 Vcaps/meal).

**Brain, Nerve, Blood:** Quantum Brain Complex (3-6 Vcaps/breakfast and lunch), Quantum Nerve Complex (3-6 Vcaps/lunch), Quantum Maitake Complex (3-4 Vcaps/meal), Quantum Coriolus (2-4 Vcaps/meal), Quantum Soma Complex (2-3 Vcaps/meal).

**Lymph:** Devil's Claw Nano-Detox (30 drops in 4 oz. water, 1 to 3 times daily), Quantum Hyssop Complex (2-4 Vcaps/meal).

**Stomach:** Quantum Stomach Complex (1-3 Vcaps/meal).

**Liver (Chronic):** Q. Reishi Complex (6-18 Vcaps/meal), Liver Nano-Detox (½ tsp. in water, twice daily).

**Intestines and Poor Motility:** ParaStat (2-3 Vcaps/meal), Quantum Noni (20 Vcaps/meal); use a large dose for a short period of time (3 to 7 days) to return to healthy bowel ecology,\* then reduce to 2 Vcaps per meal.

### Organ/Gland Targeting

Immune support can be enhanced by targeting the above products to an organ or gland using our unique, animal-free, organ-targeting products such as Quantum Brain Complex, Quantum Nerve Complex, Quantum Kidney Complex, Quantum Prostate Complex, Quantum Pancreas Complex, etc.

### Modular Products: Easy to Combine

Each PRL phytonutrient complex contains its own essential co-factors, transporters and essential synergists. Therefore, each complex can be taken with or without other formulas and without interfering with the effectiveness of one another. Each formula can be taken with or without food.

*Note:* Quantum Stomach Complex has its own immune specific support built in which is often sufficient unless there are special needs.

### Super Food/Enzymatic Support

#### Quantum Nutritional Flakes

Need a natural vitamin B complex to achieve the Quantum Nutrition Effect? Use the great-tasting Quantum Nutritional Flakes - loaded with natural B vitamins, naturally-occurring glutathione (105 mg/tbsp), beta 1, 3-glucans (1,150 mg/tbsp) and contains 50% complete, bio-available protein. This "once living" food delivers the Quantum Nutrition Effect, all at an extremely low cost.

#### Medi-Aminos (Bean/Grain), Medi Aminos (Rice)

Need a great source of easily absorbable, free-form amino acids to boost immunoglobulins and more? These two functional food products are loaded with 95% high quality, free-form amino acids.

These amino acids are easy to absorb and are excellent for those with poor digestion, often seen in those with fibromyalgia, Chronic Fatigue Syndrome, etc. These products have the most economical delivery system for free-form amino acids - a delicious way to build power and strength - while achieving the Quantum Nutrition Effect.



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### **Digestive Enzymes**

Main Action: Key support for the digestive process, especially after eating cooked food; helps download the unnecessary immune burden of poorly digested food.

**Quantum Digest** contains highly purified, full spectrum digestive enzymes (including all the main classes: lipase, amylase, protease, lactase, maltase, cellulase, invertase) with an organic substrate support for easy absorption.

**HCL Detox Therapy:** This provides premier immune support and remethylation of the cell, one of the most powerful detoxification methods ever discovered which in turn functions to help the body overcome infection. It is proven to activate tumor suppressor genes and suppress oncogenes (cancer-causing genes). Avoid when there is a high white cell count (such as leukemia) and for those with marginal kidney function.

**Procedure:** Empty **Q. Betaine HCl** (1 to 2 Vcaps) and **Q. HCL Activator** (1 to 2 Vcaps) into 2 to 4 oz. water, then mix and drink immediately after meals, 1 to 3 times daily. After consuming the drink, briefly rinse the mouth with water and then swallow.

**To reduce detox symptoms,** especially for the very sensitive body types (such as the Vata Tridosha body type), take 1/4 of the mixture in the mouth and rinse thoroughly for about 30 seconds, then spit out. (This helps to eliminate pathogenic organisms in the mouth that might have been swallowed). Then re-mix the remaining mixture and drink immediately. After finishing the drink, briefly rinse the mouth with purified water and then swallow.



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## Step 5: Rejuvenate the Body's Systems

By using key nutraceuticals you can exquisitely well-nourish the cellular matrix and achieve comprehensive DNA repair.

If an herb has anti-viral properties, this means it is also capable of DNA repair. Therefore, any anti-viral nutrient can begin the process of DNA repair. However, to proceed to a more comprehensive DNA repair, the body must first be rid of infection.

The following clinically proven 5-step system promotes faster recovery with simpler and less costly supplement expense through the recovery phase and especially through the maintenance phase.

### Daily Maintenance Program

We recommend the Super Food Trio (3 key products) to deliver every nutrient essential for life, each in their most biologically available forms and at a reasonable monthly cost for each person.

#### The Super Food Trio

This kit includes:

- 1) **Quantum Coral Complex** capsules. Typical use: 2-4 Vcaps/day.
- 2) **Quantum Greens Mix** capsules. Typical use: 4 Vcaps, 1-2 times/day.
- 3) **Quantum EFA Oil Blend**. Typical use: ½ tsp/day.

The Super Food Trio is able to effectively delivery every nutrient the body needs for optimal health.\* It contains premier, whole, non-GMO food/herb phytonutrient complexes that are convenient to use and without any insecticide, pesticide, herbicide residues, fumigants, or irradiation. Each formula is available in 100% pure vegetable capsules or as powders or liquid.

### Maximum Stress Support

#### Max Stress B™ Nano-Plex

For therapeutic levels of high-energy, end-chain, natural B vitamins during high stress periods, use Max Stress B™ Nano-Plex (½ tsp. in 2 oz. water, breakfast and dinner). Once-living super nutrition you can really feel.

### Whole Body Support

For additional DNA protection and rejuvenation, choose from the following:

#### Quantum Digest

Don't eat cooked food without it. It spares your digestive power as well as your vital organic acid tissue reserves.

#### Quantum Colostrum

Broad-spectrum DNA protection and immune upregulation. Good tasting, economical use as powder or vegetable capsules.



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### **Lean-Body Whey™ Protein Blend**

The Lean-Body Whey Protein drink supports 5 key nutrient categories: 1) a broad range of world-class antioxidants, delivering over 5,000 ORAC or VEA units per serving), 2) easy-to-digest nontoxic whey protein, 3) complex carbohydrates, 4) essential fatty acids and 5) world-class, state-of-the-art, immune-boosting fiber. All these ingredients are present in therapeutic amounts so you can feel the difference.

### **Quantum Adaptogen™ Complex**

This formula contains maximum-performance, adaptogenic herbs, including the rare and exotic, grade 10 Indian Soma Latha, Siberian Rhaponticum, Himalayan Rhodiola Rosea, Rhodiola Crenulata, Chinese Fo Ti Tieng, European Opuntia and more, with a full spectrum of natural phytonutrients, such as alpha-amyrin, lupeol, 20-hydroxyecdysone, rosavin, salidroside and more for the most rapid restoration and maintenance of ideal hormone cell resonance or best health.\*

*Key Benefits:* Maximum whole-body performance, including increased energy, improved exercise endurance, enhanced oxygen and nutrient uptake, optimal neurotransmitter, memory and mental support, and broad range endocrine and immune support.

### **Tocotriene Complex**

World-class, stabilized rice bran formula naturally containing over 100 known, powerful antioxidants in a good-tasting, inexpensive powder form. It provides superior anti-aging, antioxidant protection.\*

### **DHLA Nano-Plex™ (with resveratrol)**

Three studies since 2000 have shown a startling 50% reduction in antioxidant content in American food in the past 25 years. Antioxidant supplementation is a must. The ultimate antioxidant is now available. Living-source DHLA (dihydrolipoic acid), the only antioxidant capable of quenching every known free radical for superior, anti-aging protection, maximum antioxidant protection and even repair of DNA strand breaks. Now each 1/4 teaspoon delivers 60 mg DHLA (a 20% increase over our original formula with no increase in cost) and 5 mg resveratrol (all from once living, nontoxic sources).

Resveratrol is proven to clear up to 60% of the "junk" DNA debris from the cell, activates the longevity gene, protects from cancer at every stage and buys the cell more time to repair itself before activation of apoptosis (or the cell death mechanism) which is a natural consequence of DNA damage.

Together resveratrol and DHLA are the best cell protection and repair yet discovered. Resveratrol also improves circulation to small and large blood vessels and boosts nitric acid production, even outperforming Viagra as an libido enhancer.

For best absorption, sip DHLA Nano-Plex™ slowly. With each sip, let it sit in the mouth for a few seconds before swallowing.



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**Melatonin Nano-Plex™** (The world's First Live-Source Melatonin; Not Synthetic)

The ultimate living-source melatonin made via probiotic fermentation (*no animal products*); superb anti-aging protection at the micro-cellular support level where other compounds may not reach.\*

Melatonin is a major anti-cancer nutrient. Italian practitioners often use large doses of melatonin and consider it to be one of the most powerful anti-aging, libido-boosting compounds known.

**Amla Royale™**

An excellent, 40 -botanical, Ayurvedic tonic formula for premier DNA repair of the brain and endocrine systems; herbal rejuvenator for the whole body.\* This formula also provides key support for the hypothalamus.\*

**Gold-360**

The union of the two greatest rejuvenative tonics in history; promotes whole-body rejuvenation, hormone balance and anti-aging.\*

**Med-Aminos: Natural-Source Amino Acids**

A quantum leap in the performance of functional foods. Medi-Aminos (Bean/Grain) and Medi-Aminos (Rice) are made from premier grown, "beyond organic" non-GMO food grains and beans. They are the first of a new generation of foods rendered extraordinarily bio-available. Through special, low temperature processing, 95% of the amino acid content is converted to the free amino acid form while retaining 90% of their enzymes in the raw, live state.

**Quantum Reishi Complex**

Features wild, mountain-grown reishi from China which support DNA repair of the liver, liver cleansing and detox.\*

**Quantum Brain Complex**

Broad-spectrum nutraceutical support for brain function, nerve cell growth and memory.\*

**Quantum Nerve Complex**

Broad-spectrum nutraceutical support for superior nerve growth and rejuvenation.\*

**Quantum Daily**

For those who want to take only one nutritional supplement but with a full range of protective benefits, we recommend the ultimate, multi-nutrient product, Quantum Daily. It contains a comprehensive array of living, natural-source vitamins and minerals - without the toxic tagalongs (such as binders and fillers). Take 2 to 3 Vcaps/day and feel the quantum difference for yourself!