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Serotril Sciences International, Vancouver, BC Canada ● Vol 3 - No. 5

SPECIAL EDITION

INSIDE THIS EDITION a par jefoiri Jeight Loss instructions!

Dosing weight has leve'r 0001

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-plus-

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FTC05578

EXHIBIT



Guy-Louie Christaan, Director of Research & Formula Development, Serotril Sciences, International - Paris

matter where you live on our beautiful planet. we all have a lot in common. Millions began this joyous New Year with a resounding resolution, spoken to all that will listen and with glass raised, "I'm going to lose this darn extra weight and get back into shape!" Sound familiar?

The Serotril System has been designed to help you reach your goal without starvation dieting while maintaining a healthy, active lifestyle.

As you read the following instructions, keep in mind

that we're all a little different in our needs and current level of health. Don't hesitate to consult with your healthcare provider before you begin your journey to achieving the body you desire.

Before you know it, summer will be here again and we'll all be spending more time outdoors. The many layers of clothing that kept us warm during winter will give way to swimsuits and bare legs again. Tummies and waistlines will come out of hibernation once again and see the glow of warm sun and tempered air as we embrace another season of fun and activity. But this time you'll be ready and looking great!

This year Serotril Sciences International has released several new formulas. Our cosmetic discoveries have become so popular they are used behind the scenes by TV and movie stars around the world. Now, thanks to this Insider's Newsletter, you can experience what these rich and famous call their personal "best kept secrets."

When you order a Serotril refill and two or more products from this newsletter, include the check below for an instant discount of \$5 US. If you phone in your order, just read the account number at the bottom of the check to the operator and you'll receive the \$5 discount. It's our way of saying thank you and reminding you not to run out of Serotril!

You won't see any fancy pictures of bottles and packaging in this newsletter. Instead you'll see impressive results and prices that are a fraction of retail.

As always, we would like to hear about your personal experience with the Serotril products. Please take a minute to drop us a note. If possible, include a picture. If we use it, your order is free! Thank you. We wish you a happy & healthy New Year to you and your family!

Serotril Sciences International

Below is a check for \$5 (US). Order your Serotril Refill now plus two or more other Serotril products and pay for part of your order with our company check! If you order by phone, just read the account number to the operator and get an **INSTANT \$5 DISCOUNT.**



Serotril Sciences International

203 - 2780 Granville Street Vancouver, B.C. V6H 4E7 Canada

83-120/2377

No. 1-29634

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FTC05579

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This Newsletter
Not Valid After December 31, 2001
(No cash value.)

CUSTOMER NAME

Account No. 98-910 111 000 111

Controller, US Division

Note: The primary ingredients in all our formulas are natural and drug free! No drug claims are made or implied in any of our materials or announcements and products are not intended to diagnose, treat, cure or prevent any disease. These statements have not been reviewed by the FDA.

Quick Start Instructions

The Weight Loss & Wellness Program From Europe

▼ongratulations! You're just minutes away from beginning one of the finest weight loss and wellness programs available. And it's so simple! But first, a little background on the Serotril System.

Remember when we were kids and we didn't think much about what we ate? Weight-loss was a concept we had never heard of. Our activity level was high and



As kids we could eat just about anything!

our body chemistry turned just about everything we consumed into more energy (much to the dislike of parents and teachers at times).

But now our lives and body chemistry are different. Though we still desire lots of energy to accomplish daily tasks and participate in family recreation, it seems not everything we eat is instantly utilized as

energy and more becomes stored as fat. Don't worry, you're not alone. This is a worldwide problem. Fortunately, you're among the thousands that will learn how Serotril can help solve this dilemma.

Serotril is not just another diet in the sense of the typical starvation menu that robs your body of energy, makes you irritable, and can lower precious serotonin levels in your brain chemistry. Rather, it's a plan assisted by natural substances and a new way of eating -- more food than you're probably consuming right now! So how does all this help with your weight problem? The answer is in a big word you're going to get to know well -- thermogenesis.

Thermogenesis is the natural process by which our body turns fat into a burnable substance and then uses this soluble lipid for energy fuel. (Don't worry about the big words, the results will impress you.) When we have an ample supply of energy, we begin to feel good and enjoy life much more. Research has shown that when everything is in balance, serotonin follows giving us that "happy-to-be-alive" feeling which we all love. You're going to like this feeling. Back to the "T" word -- thermogenesis.

Like your car or TV set, we run on energy. But unlike a car, our body will make energy from a lot of different fuels. Sugars, carbohydrates, vitamins and protein are on the list. The problem that causes weight gain in otherwise healthy people is the body's natural storage system which automatically kicks in preparing for a rainy day when food might not be available. We are lucky to live in a country where this is not usually the case. Hence, this needless storage of fuel results in unwanted fat. So what's the solution? Store less and burn more.

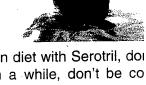
Exercise is an effective way to burn fuel. Though the Serotril System does not dictate a formal exercise plan, you need to make it a part of your daily routine Walking briskly every morning and evening has been shown to both burn fat and provide a feeling of we being. It's also great for your health and digestion!

In about 3 days after beginning the Serotril Syster you should have more energy and, if not already exer cising, you'll feel confident in taking that long walk slowly at first, and more briskly in a week or so.

Now here's the most important component of th Serotril System and what has made this weight-loss mi acle work so well. Remember, your unwanted fat is just stored energy. The reason you are not getting thinner that what you're eating is being used by your boc chemistry for fuel, and not what's been stored Serotril can help change that!

We need to turn you into a "fat burning machine using your stored energy (fat), instead of what you

Serotril accomjust ate. plishes this by asking you to consume fewer carbohydrates and instead eat more protein.



You'll never be on a starvation diet with Serotril, don worry. If you cheat once in a while, don't be co cerned. You can make up for it the next day.

Everyone's taste is different, so please consider wh follows as just our suggestion on what to eat. The wor won't end if you eat the wrong foods once in a while!

Weight Loss Has Never Been So Easy!

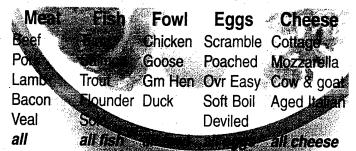
If we all liked the same foods, there would be no need for menus in restaurants! Pick and choose, make up your own recipes, and remember this isn't a diet and these are only <u>our</u> suggestions!

The No-No List

Stay away from:

- **Breads** of all kinds (yes, even the "diet" breads)
- Milk, especially milk shakes, even skim milk
- Starches, corn and potato
- Jams and Jellies
- Pizza (Sorry!)
- Other exceptionally high carbohydrate foods

Go-For-It List!





Imagine, if you're a meat eater, you can eat a tender, juicy T-bone steak, covered with mozzarella cheese and a big, crispy salad made with your choice of lettuce and covered with any kind of dressing (except blue cheese), accompanied by a healthy vegetable -- all without feeling guilty! That's why we

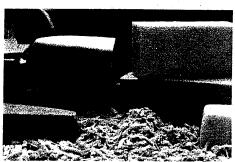
don't call it a diet. You can eat until you're satisfied -but don't stuff yourself. That's all there is to the eating part of the Serotril plan. The rest is just as easy.

Attention Vegetarians: The rules are the same. Just substitute appropriate protein foods for the list above. Your results should be just as good! Call us if you have any questions -- (800) 261-4300 (9 am to 5 pm PST).

Nothing Like The Atkins Diet!!! You don't have to be a meat lover to lose weight with Serotril. Unlike the old "no carbs, all meat" (yuck) Atkins diet, Serotril concentrates on naturally raising your serotonin levels. Excessive carbohydrate intake can cause excessive

highs and lows in serotonin and sabotage success. You don't have to eat a lot of weird stuff to lose weight with Serotril. Science has come a long way since the 30 year old Atkins diet came out (sorry Dr. Atkins!).

The rules are simple: Simply lower your carbohydrate intake to around 20 grams a day. Instead, eat lots of protein foods, like cheese. You may eat fruit all day!



Take Serotril A & B according to directions.

Within about 48 hours your body will use up its supply of stored carbohydrates. After that you'll begin to spontaneously burn more <u>stored</u> fat for energy instead of just your daily intake of nasty carbohydrates. You really do become a "fat burning machine" with Serotril. You should feel more energetic and healthy -- maybe for the first time in your life!

The Serotril system is not intended as a substitute for medical counseling. Though Serotril is not a drug, people that are pregnant (or nursing), on diuretics or diabetes medication should proceed only under doctor's supervision.

Serotril A and Serotril B: Next, as part of the Serotril System you'll take Serotril A and B daily. These are not magic, miracle pills. Rather, these are pharmaceutical grade supplements which have some pretty amazing properties. They are not substitutes for a good regimen of vitamins and minerals (available from a health food store or directly from *Serotril Sciences International*). Be aware of the quality of your supplements. Not all vitamins are created equal!

When in doubt, talk to your doctor or call us. We're there to help you every step of the way. Most of our staff is using Serotril and it will be fun to share experiences.

Here's how to get the most benefit from natural formulas, Serotril A and Serotril B:

Take 2 to 3 capsules a day on a full stomach with a full, large glass of water.

Pharmaceutical Grade Hypericum Perfortaum 300 mg ea.

Take 1 tablet a day at lunchtime on a full stomach with a full glass of water.

Pantothenic acid to promote catabolism of fatty acids 100 mg ea:

NeW

Ne

Take 1 caplet before breakfast and dinner at beginning of program or at plateaus.

Instructions: Take 1 Serotril A with breakfast. Take a Serotril A and a Serotril B with lunch. Optional: Take one additional Serotril A with dinner. If you decide on the optional plan, be careful not to run out of A!*

we offer these not as a strict menu, but as an example of how easy it is to lose weight with the Serotril System.

You are encouraged to make up your own dishes. Just keep the carbs low and you can't fail! Send is your favorite recipes and it we printablem, we'll send you a free gift!

Hawaiian Stir Fry

- 3 T oil free Italian Red Wine salad dressing
- 2 ½ T Lite Soy Sauce
- 1/4 tsp. Worcestershire Sauce
- 1/4 tsp. pepper
- 14 tsp. garlic powder
- 2 T Water + Dr. Stamper's Chicken Bouillon
- 1/4 cup bean sprouts
- 1/4 cup cabbage
- ½ cup cubed pineapple
- 3 1/4 oz. round steak cut into cubes or strips

Mix first five ingredients together. Spray small frying pan with non-stick spray or use cast iron skillet. On medium heat, cook meat with sauce, add water if needed, cook 5-7 minutes. Add bean sprouts and cabbage and cook, stirring occasionally, 2-3 minutes. Add pineapple, stir and cook until done. Serves 1. Increase for family feeding.

Glazed Chicken

½ oz. plain, nonfat yogurt

1 drop Sweet & Low

2 drops Worcestershire Sauce

Dash of each; garlic powder, salt, pepper & Tabasco

3 oz. skinned, boned chicken breast

Mix all ingredients except chicken. Spray baking pan and place chicken in pan. Top with ½ sauce. Cover and bake at 350° for 15-20 minutes. Top with remaining sauce. Broil until lightly brown. Serves 1. Increase for whole family. They will love the flavor!

Sweet & Sour Fish Kabobs

31/2 T Red Wine Salad Dressing

Sweet & Low to taste

2 tsp. pineapple juice

3½ oz. (total) Red Snapper, Swordfish & Cod cut into

11/2-2 squares

½ cup pineapple chunks

¼ cup red pepper - Cut into ½ inch squares

1/4 cup green pepper - Cut into 1/2 squares

Mix together first four ingredients. Marinate fish covered in refrigerator for at least 30 minutes. On skewers arrange fish, bell peppers and pineapple chunks. Barbecue 4-6" from coals 15-20 minutes, frequently brushing remaining marinade on kabobs. Serves 1. Increase for family. This is our favorite summer creation!

Turkey Burgers

3½ oz. ground turkey

1 slice onion, chopped fine

½ tsp. garlic powder

1 tsp. lite soy sauce

Dash salt and pepper to taste

Mix all ingredients together and form patty. Saute burger until well done. You can even add mustard and cheese to taste. Serves 1. Increase for a great outdoors party.

You can even make great tasting desserts that are low in carbohydrates. Here's one that you'll serve with pride:

Peach Cobbler Without Guilt

1 cup peaches in unsweetened juice

¼ tsp. cinnamon

1/4 tsp. cloves

FTC05582

1/4 tsp. ginger

Liquid sweetener to taste

Mix all ingredients together. Broil until light brown (but not too much!) Note: The longer peaches marinate in spices, the better they get! (Great in oatmes)

Introducing New

Serotril Accelerator

(500 mg)

-from Serotril Sciences International, Vancouver BC, Canada

Give Weight-Loss a giant "Kick Start"

WINTER 1999 -- Serotril Sciences International is proud to announce the release of the newest natural wellness formula, **Serotril Accelerator**. Used in conjunction with Serotril A and Serotril B, Serotril Accelerator rounds out the science of wellness and intelligent weight-loss. Just take one Accelerator before each main meal and suddenly proper nutritional intake can become considerably easier without annoying hunger!

International research from respected scientists and doctors contributed to this breakthrough. First, a study at the Department of Health Sciences, University of Mexico by Drs. Ramos, Saenz and Aguilar introduced the world to Garcinia Cambogia (GC) as beneficial for weight-loss. Later at the *Experimental Biology Symposium* in San Francisco, CA (April 18-22, 1998) more evidence was pre-

sented that actually showed fat disposition was inhibited and energy was increased with GC. Consistent with the university study, Theoretical Ideal Weight was easier to reach by participants taking Garcinia Cambogia (Serotril ACCELERATOR ingredient).

We followed all this closely at Serotril Sciences International, and now you can experience the benefits of pharmaceutical grade Garcinia Cambogia as part of the Serotril System. Just take one Accelerator before each main meal and feel the difference. If you haven't yet ordered, please take advantage of your Insider's discount and order now! Use the order form in this newsletter or call.

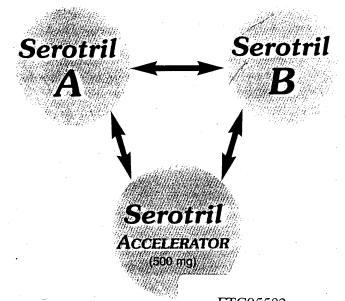
30-Day Supply (60) Caplets) Just **\$24** Order No. **ECEL1**

Instructions:

Take One Serotril

ACCELERATOR 30 Minutes to
1 Hour Before Meals With A
Full Glass of Water or
Juice.

Follow regular instructions for Serotril A and Serotril B.



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Order toll-free (800) 341-5200 Order a Serotril refill plus 2 or more products. Include the enclosed check to save \$5!

Behind The Scenes Secrets Revealed

"How do they stay looking so young?

Why is their skin always perfect?"

elebrities around the world depend on their entertaining talents and strikingly flawless appearance to keep them in the highly competitive spotlight. Many turn to skin care professionals to design special treatment systems and formulas to achieve a youthful appearance in spite of hectic schedules and the passing of time.

The research staff at Serotril Sciences International has developed several exciting cosmetic formulations. These have become respected by actors and actresses from Hollywood to Paris, because they allow the years to pass without the annoying, career threatening signs. Some big names call these formulas their "best kept secret" after paying hundreds of dollars a bottle!

Thanks to Marla Chantel, Vice President of our entertainment industry skin care department, you can enjoy the same wonderful benefits from these special products as your favorite star, at a fraction of the cost.

You will not see these in retail

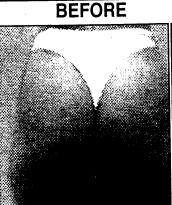
Maria Chantel, VP Entertainment div stores anywhere. These are custom formulations only available directly from Serotril Sciences. As with all our discoveries, your satisfaction is completely guaranteed. Get ready to give yourself a treat. Maybe you'll become a star!

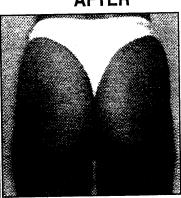
Leave A Great Impression Behind With European ECS.

Emergency Cellulite Solution

BEFORE







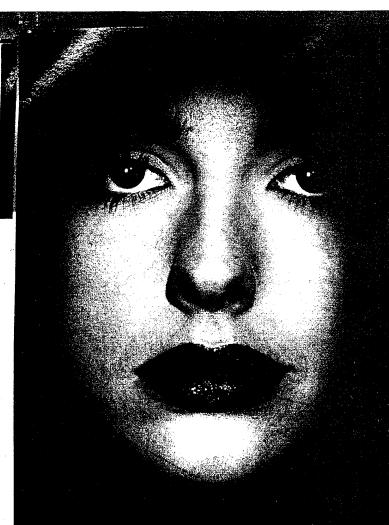
Combat that spongy, orange peel appearance with **ECS**, the **E**mergency **C**ellulite **S**olution from Europe. This refreshing gel smoothes on easily and is loaded with concentrated tightening and firming plant botanicals. You'll notice visible improvement with your very first treatment. You'll be impressed!

FCS1 One-Month Kit (Use Order Form on Reverse Side of Serotril Instructions) - Retail \$89

Price is just: \$39.95 (Order more Seronal plus a 2-month supply of ECS and include our company dis-

BEALINGS of \$5!)

FTC05584



Bye-Bye Blemishes

- -Evens Skin Tone
- -Makes Brown Spots Vanish!
- -Smoothes Pigmentation
- -Makeup Flows On Like Silk

here's nothing worse than embarrassing blemishes to ruin selfconfidence. Just when you thought you had left pimples behind when teenage years gave way to adulthood, now ugly brown spots spoil your complexion and make you look old.

A famous French cosmetic formulator recently released a breakthrough treatment that can actually return your youthful appearance and improve skin tone. This is the ultimate concealing system

that looks completely natural.

Hollywood loves it and so will you. The Bye-Bye Blemish kit is selling off the shelf at our Center for \$100. Serotril Sciences is proud to offer this complete system at less than 50% of retail!

Your price is just \$49! (Order Kit No. BYE22.)

(Order more Serotril now plus a 2-month supply and include our company discount check for an INSTANT SAVINGS of \$5!)



"I can't believe how great my complexion looks thanks to your Bye-Bye Blemish system. I struggled with those darn brown spots for years. Now you can't even see them even without makeup on! Thank you again ." -Barbara

"Every month I used to put up with blotches and blemishes. It was embarrassing and impossible to apply makeup evenly. This really works! All you see is even color. As you can see.



I wear very little makeup. Areas on my face and neck have uneven skin color. Bye-Bye Blemishes makes my skin tone look perfectly even and natural. Thanks!"

-Carol T., MI



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Denné Bonet

The Ultimate Skin Care From Europe

Its name says it all - Dermê Bonet means "beautiful skin." Almost since the beginning of time, women have searched for a way to have a life-long supple, young looking body. Whether you're of European royalty or a famous Hollywood celebrity, appearance means a lot!

Science & Nature Come Together

Formulated in Europe at the request of wealthy, demanding socialites, **Dermê Bonet** will surprise you the very first time you give yourself a 10-minute treatment. Cutting edge Science and trusted nature have come together and created a truly spectacular way to totally defy the dreaded visible signs of aging.

The **Dermê Bonet** formulas use a technology called "Triple E nutritional dermal infusion." At the heart of this treatment is highly concentrated, pure, research grade vitamin E (three types), combined with several proprietary extracts from the cell nuclei of specially grown plants. These formulas plump away lines and provide targeted benefit to the areas most in need; under eyes, forehead, T- zone, and neck. Some users call the **Dermê Bonet** system "plastic surgery in a bottle."

When our staff first learned of this incredible skin care line and had a chance to test the various formulas, we were amazed. After only a few sessions, fine lines and wrinkles began to disappear and skin felt

baby soft. Obviously this was why Europeans, who pay hundreds for the system, kept this their own secret all this time!

Serotril Sciences International has recently been selected as the exclusive company permitted to offer **Dermê Bonet** to its customers in America.

Look Younger In Minutes

Dermê Kanet

The basic system consists of four wonderful formulas:

- TRIPLE E SUPPLE CREAM
- MORNING EYE GEL
- **■** Evening Eye Cream
- FACIAL SCRUB & POLISH
 Order Kit No. DBKT Just \$49!

It takes just 10 minutes to look 10 to 15 years younger!



Plastic surgery is not the only option for fighting wrinkles.



Annoying fine lines and wrinkles can make you look old at any age.

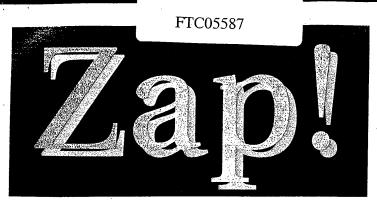


In just minutes you'll see visible improvement. It's like shedding away the years!



FTC05586

Skin feels smooth and supple to the touch again.



Bio-Active, Breakthrough Acne Solution

From France

End Embarrassing Acne Breakouts In 3 Easy Steps



Pimples can ruin everything from photo shoots to family gatherings.

Now you'll be among the few Americans to have this powerful solution to the embarrassment of acne.

Zap! is an effective

combination of three formulas that make up one of the finest solutions for teen and adult acne. You can see results in about 12 to 36 hours! Rather than just covering up pimples, this system attacks the bacteria that

causes most acne (staphylococcus ovreus and propionibacterium).

The bacteriological efficacy of the system was tested at the Clinical Bacteriological Laboratory at the University of Göreborg. The formula actually had a better response than a traditional antibiotics alone in a clinical study with several patients having severe acne breakout. This is truly a cosmetic breakthrough.

Zap! consists of three simple components; a pleasant Bioactive Cleansing Gel, the Bioactive Concentrate Solution, and the Bioactive Solution Pads. The system targets the affected areas and leaves the face moisturized and radiant. **Zap!** is perfect for all skin types, oily, dry and normal. Put an end to the aggravation of pimples from acne with this new European discovery.

You'll never see **Zap!** in any retail stores. Order now!

Seeing Is Believing!

Acne can occur at almost any age. Some say acne breakout can be triggered by the onset of a menstrual cycle, mounting stress or hormone imbalance.

Most acne is bacteria related and can be treated. Whatever the cause, the appearance can be frustrating, embarrassing and harmful to confidence and self image.

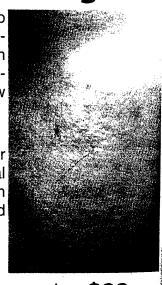


Results Are Amazing.

Zap! has been shown to fight the bacteria that causes most acne. Skin can become smooth and pimple free in a matter of a few days with proper usage.

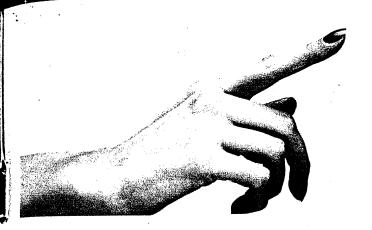
Zap! also leaves your complexion full of natural moisture. Makeup goes on easier and there's no need for pasty coverups!

Zap! away pimples fast!



Order Zap! now. 30-Day Supply, No. ZAPKT (Retail \$89) As an Insider you pay Just \$38 (Order more Serotril now plus a 2-month supply and include our company discount check for an INSTANT SAVINGS of \$5!)

Note: The primary ingredients in all our formulas are natural and drug free! No drug claims are made or implied in any of our materials or announcements and products are not intended to diagnose, treat, cure or prevent any disease. These statements have not been reviewed by the FDA.



Perfect Nails

Dynamic Nail Strengthening System

A Two Part System For Unbelievably Strong & Beautiful Nails!

his two part system includes a special Nail Strengthening Creme and Liquid Hardener. The rich Creme nourishes dry, damaged, cracked nails & cuticles, and promotes growth. **Perfect Nails** Strengthening Creme contains a special protein and vitamin complex.



Go ahead. Indulge yourself with the best nail treatment system available. You'll see the difference after just one application! Nails become strong and beautiful.

The formula is specifically designed to help make nails stronger and more resilient to breaking and chipping.

Here's how Perfect Nails works:

- First, the **Perfect Nails** Strengthening Creme is massaged over nails and cuticles. Its small molecule formulation is so absorbing that it can actually be used right over nail polish in a pinch!
- Next, the **Perfect Nails** Hardener is applied to clean nails. This is like nothing you've tried before. The formula interacts (cross-links) with the natural nail protein fibers to help promote longer, stronger, harder and more durable nails. This cross-linking action makes the **Perfect Nails** Hardener last many times longer than typical clear undercoats.

Use **Perfect Nails** just once and you'll be convinced you really can have unbelievably beautiful fingernails all the time!

Perfect Nails has become one of our best sellers because of how fast and well the system works. Retail stores around the world buy cases of the **Perfect Nails** system and sell the kits for \$80 to \$100 US! As a Serotril Sciences Insider, you pay only a fraction of the price - way below wholesale!

Perfect Nails

Perfect Nails - Order No. PNAIL just \$29!

FTC05588

Order toll-free (800) 341-5200 Order a Serotril refill plus 2 or more products. Include the enclosed check to save \$5!

Beauty Begins From Within

The Finest Nutritional Supplements - Direct From Serotril Sciences

Beautiful, young looking skin and relentless health and energy begin from within your body. Each year there are some 70 new chemicals introduced into the air we breath and the soil from which our food is grown!

Most people worldwide have arrived at the conclusion that we have no choice; we must help our ourselves stay healthy by taking vitamins and other supplements daily. Our body must literally fight for survival sometimes.

All supplements are NOT created equally. Care must

be taken when choosing your source for these vital supplements. Quality differs considerably among manufacturers and sometimes potency is sacrificed for profit margin.

We are proud to present the following formulations, all of which have been quality tested and laboratory assayed for purity and strength. These are the freshest, fastest dissolving tablets and are easy on your stomach while providing the finest, research grade, nutritional supplementation available today. Your body will appreciate this quality and you'll feel the difference! Nature and science have come together for your health.



BeautifulHAIR

Nutritional Support Formula

60 CAPTABS

Plus EFA's

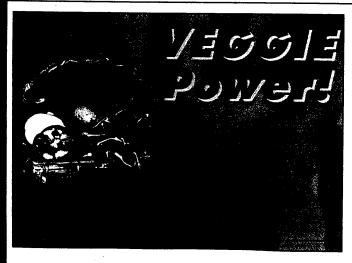
(Essential Fatty Acids)

This natural formula contains over 18 ingredients known to help nourish the protein that produces thick, strong, beautiful hair.

The stress of coloring, sun and pollution can damage hair, leaving split ends and a lifeless appearance. A healthy metabolism can usually bring back that youthful looking shine and body.

Simply take 1 captab twice daily as a nutritional supplement.

Order Beautiful Hair now! Order No. BHAIR -\$11



Mom used to say, "Eat all your vegetables and you'll be strong and healthy!" Now research has proven that a diet high in vegetables can be very beneficial to health and help prevent certain illnesses including cancer. It's amazing how the older we get, the smarter our parents get.

Here's a real nutritional breakthrough:

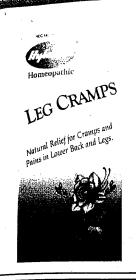
One Tiny Capsule = 10 lbs. of Vegetables!

Enough said! Mom says order Veggie Power now!

Order No. VEGGIE - (Retail \$29) You pay just \$14

Order toll-free (800) 341-5200 Order a Serotril refill plus 2 or more products. Include the enclosed check to save \$5!

Page 1.



End Leg Cramps Now! Leg cramps keeping you up at night? You're not alone. Millions around the world suffer from foot and leg cramps so painful that their sleep is disturbed.

Hyland's is a traditional homeopathic formula for the relief of symptoms of cramps and pains in the lower back and legs. This type of pain is often made worse by cold, damp weather.

Working without contraindication or side effects, Hyland's Leg Cramps stimulates your body's natural healing response to relieve symptoms. Hyland's is safe for adults and can be used in conjunction with other medications. (Do not use if pregnant or under the age of 12.)

Order Hyland's Leg Cramp - Order No. HYLND (Retail \$8.95) You pay \$6



90 Captabs



The Process of Elimination

Occasionally your system needs a little help with constipation. This formula is full of natural elements that are known to "ease" things along.

Simply take one or two captabs (maximum 2 daily) as a nutritional supplement at bedtime. Let nature take her course!

Natural Laxative Formula - No. LAX

Just \$8



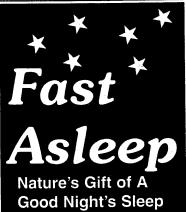
This neutriceutical is the perfect partner for those on a weight loss plan like Serotril. We've found an all natural, drug free combination of elements that actually makes you feel vibrant and alert without

the unpleasant side effects of stimulants like caffeine. RJV is completely safe and contains no drugs.

Dr. Remy Chauvin of the French Academy of Medicine actually recommends this preparation for relieving certain symptoms of old age. Patients, many in their 80's, say results have been marvelous.

RJV has been such a big seller both in America and Europe, that we've just now been able to make a large purchase of precious raw ingredients at a reduced price. Unfortunately this will last us only about 30 days. Since our cost dropped, it is the policy of Serotril Sciences to pass this savings along to our valued customers. As you can see we do things a little differently than most companies! This discount price will not last. Order more than one bottle now! (1-month supply)

Order No. RJV-D1 (Reg. \$49) Only \$19.95*!! (*Sorry, Limit 4 Bottles Per Family.)



Doctors say there's nothing more important than a good night's sleep. After about age 40, many have trouble getting the proper amount of sleep. Our level of responsibility has grown, the kids are demanding, etc. -- the stress in life can rob you of the vital rest your mind and body needs.

FAST ASLEEP contains four natural, safe botanical extracts that help promote a soothing effect while five Biochemic Phosphates actually offer nourishment to your cells.

Best of all, these natural ingredients are well-recognized by the *Homeopathic Medical Profession* for their ability to act together in harmony. Now you don't have to take several tablets to have the safe, natural benefits of *Fast Asleep*!

Order No. CFO1 (Reg. \$29) Only \$18.95

Torder toll-free (800) 341-5200 Order a Serotril refill plus 2 or more products. Include the enclosed check to save \$5!

The Perfect Companion To Serotril A & B

hese delicious, chewable snacks were released just minutes before we went to press with this edition of the Insider's Newsletter. The natural ingredients are very healthful and make you feel full, helping you control your eating.

Imagine, no more hunger pangs or nervous eating. You'll be in control when you have AppeTrimm in your purse or briefcase.

Order AppeTrimm - No. APPT (Retail \$19) Only \$11

Suggested Usage: As a dietary supplement take 1 Chewtab 2 to 3 times daily with a full glass of water or juice.

AppeTrimm helps promote satiety naturally and is formulated for use with the your weight loss system.

TOLL-FREE REFILL HOT LINE: (877) 621-3165

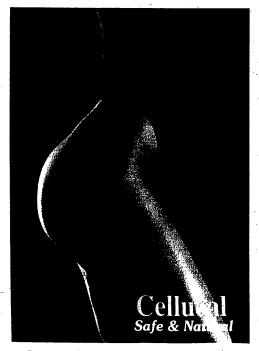


Supplement Facts
Serving Size: 3 Chevide
Servings Per Container: 30
Angouit Per Serving
Angouit Per Serving
Appetite Bio-Activator Formula
Polypeptide Fraction of Wheat, Casein, Chitosan, Arrylase and
Whey, Catcium Sodium satis of Pyruvic Acid + Conjugated Linoleic
acid (CLA).
Thermogenic Bio-Modulator Formula
Citrus Aurantium (standardized fine adrenergic amines, NMethylyramine)
Fiber and Fuld Balance Bio-Modulators
150 mg.
(Psyllium Husk fiber + synergistic complex of bentonite, citrus pectin
lacrobacillus acidophilus, Wheat and barley grass, allow
fulbard buckhom, golden sed, gentfan, cascara sagrada, calcium &

BENTLEY-MYERS INTERNATIONAL VANCOUVER, BC CANADA V6H 4E7



You've seen this formula on 20/20, Dateline, Oprah



The little, natural pill that attacks the ugly appearance of spongy, orange peal cellulite is sweeping Europe, Australia and now America!

OK, dimples can be cute, but not when they're on your hips and thighs! Now you can do something about the embarrassment of cellulite. **Cellucal's** formula is selling for up to \$60 for a month's supply in some stores and catalogs.

Your price is far less since you're buying directly from us! Order plenty of *Cellucal* NOW!

(Limit 6 per customer while supplies last.)

Cellucal: No. CELA (Reg. \$60)

FTC05591



To Order toll-free (800) 341-5200 Order a Serotril refill plus 2 or more products. Include the enclosed check to save \$5!

IMPORTANT: Do Not Run Out of Serotril Formulas!

The biggest mistake we see customers make is running out of Serotril A, Serotril B and Serotril ACCELERATOR. As soon as possible, place your re-order. Below is the Serotril Sciences Insider's Discount Re-order Form. Remember, all products are completely guaranteed!



Customer Service is here to help!

U.S. customers can write to our Nevada address for questions about orders. Satisfaction is 100% guaranteed. You may also call our Customer Service Dept. directly at (800) 261-4300 (6 am to 5 pm PST) or fax us directly at (800) 784-7800. Use these numbers anytime you have a question. We're here to help!

U.S. Customer Service ● 2375 East Tropicana Street, Suite 766 ● Las Vegas Nevada 89119 USA

Priority Discount Order Form

As with all our products, your order comes with our unconditional 30-day money-back guarantee. You may return any of these purchases within 60 days for a prompt refund of your purchase price. NO QUESTIONS ASKED!

(0) Fex: 24 Hours Toll-Fire 1-800 784-7800

Please rush my order of Serotril products to my address below. I am placing this order with the understanding that my satisfaction is completely guaranteed and I risk nothing. (Please check items below. Thank you.) **Price** Retail Price Your Price QTY **Product Name** Size Each Prod# □ \$109.95 Serotril A & Serotril B Tablets retail \$239.70 SR4BE 120 Days □ 89.95 retail \$159.80 Serotril A & Serotril B Tablets **SR3BE** 90 Days 49.95 Serotril A & Serotril B Tablets retail \$ 79.90 60 Days SR2BE 29.95 retail \$ 39.95 Serotril A & Serotril B Tablets SR1BE 30 Days 24.00 retail \$ 39.95 Serotril ACCELERATOR Caplets 30 Days ECEL1 11.00 retail \$ 19.00 AppeTrimm - Chewables (NEW) **APPT** 30 Days **19.95** retail \$ 49.00 **RJV** Natural Energy Formula 30 Days RJVD1 □ 18.95 Fast Asleep - Homeopathic retail \$ 29.00 CFO₁ About 30 Days Emergency Cellulite Kit (Best Seller) retail \$89.00 39.95 1-Month Supply ECS₁ 49.00 retail \$100.00 ByE-ByE BLEMISHES - Kit 1-Month Supply Bye-22 **49.00** DERME BONET SKIN CARE SYSTEM retail \$ 89.00 1-Month Supply DBKT retail \$ 89.00 38.00 ZAP! ACNE SOLUTION KIT **ZAPKT** Aprox. 20 Trtmts. **29.00** retail \$ 45.75 PERFECT NAILS-COMPLETE SYSTEM **PNAIL** Full System **11.00** BEAUTIFUL HAIR SUPPLEMENTS retail \$ 19.99 1-Month Supply **BHAIR 14.00** retail \$ 29.95 VEGGIE POWER! SUPPLEMENTS 30-Day Supply VEGGI 6.00 retail \$ 8.95 **HYLND** HYLAND'S LEG CRAMPS - Homeopathic As Needed 8.00 retail \$ 9.50 NATURAL LAXATIVE FORMULA LAX As Needed 29.95 retail \$ 60.00 CELLUCAL TABLETS (LIMITED QUANTITIES) CELA 1-Month Supply PHARMACEUTICAL GRADE ANTI-OXIDANT | retail \$ 49.95 | 29.95 1-Month Supply HL1 Total All Above 4.50 Total S/H Priority Ship add \$4

□ Ms □ Mrs. □Mr. □ □ Name		☐ MO ☐ Charge
Address		
Apt #/Co		Zip
Home Telephone (Very important for tra	cking.
Credit Card No: ☐ Visa	☐ MasterCard ☐ Amex	< ☐ Discover

Expr. Date

Affix 2 regular 1St Class stamps to an envelope. Mail Form & pmt: Serotril Sciences, International

203 - 2780 Granville Street Vancouver, B.C. V6H 4E7

TOTAL PURCHASE

Canada

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Serotril is here to help.

Now losing weight is so easy!

PLUS - New formulas that really make a difference.

It's all inside this edition!

Serotril Sciences

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Worldwide Breakthroughs from

Serotril Sciences

Serotril Sciences International, Vancouver, BC Canada ● Vol 2 - No. 4 ● Winter/Spring 1999

Exciting

New

Weight

Loss

System

Europe

Instructions Inside

-plus-

TV Stars Reveal

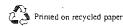
Best Kept Beauty Secrets In

Hollywood

EXHIBIT



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U.S. Postage
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Serotril Scineces
International



Canada

IMPORTANT: Do Not Run Out of Serotril Formulas!

,并有能,就是那些人的一点,他们一样的一样的一种**的**

The biggest mistake we see customers make is running out of Serotril A, Serotril B and Serotril Accelerator. As soon as possible, place your re-order. Below is the Serotril Sciences Insider's Discount Re-order Form. Remember, all products are completely guaranteed!

Customer Service is here to help!

U.S. customers can write to our **Nevada** address for questions about orders. Satisfaction is 100% guaranteed. You may also call our Customer Service Dept. directly at (800) 261-4300 (9 am to 5 pm PST) or fax us directly at (800) 784-7800. Use these numbers anytime you have a question. We're here to help!

U.S. Customer Service ● 2375 East Tropicana Street, Suite 766 ● Las Vegas ● Nevada 89119 USA

Priority Discount Order Form

As with all our products, your order comes with our unconditional 30-day money-back guarantee. You may return any of these purchases within 60 days for a prompt refund of your purchase price. NO QUESTIONS ASKED!

For Fastest Delivery Call Ioll-Free 1-800 341-5200

Or Fax 24 Hours, Toll-Free 1-800 784-7800

Please rus	sh my order of Serotril	products to my address I		
guarantee	ed and I risk nothing	products to my address below. I am placing (Please check items below. Thank you.)	his order with the understanding that my	satisfaction is an all all
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SR3BE	90 Days	Serotril A & Serotril B Tablets		QTY Price
SR2BE	60 Days	Serotril R Tables	Ψ Ψ103.33	Called 1/8
SRIBE	30 Days	Serotril A & Serotril B Tablets	1	still being
ECEL1	30 Days	Serotril A & Serotril B Tablets	retail \$ 39.95 🖸 29.95	Sugar Seed 1
APPT	30 Days	Serotril Accelerator Caplets	retail \$ 39.95 🔲 24.00	procession
RJVD1	30 Days	AppeTrimm - Chewables (NEW RJV Natural Energy Formula	7) retail \$ 19.00 11.00 <	
CF01 ECS1	About 30 Days	Fast Asleep- Homeopathic	retail \$ 49.00 D 19.95	2/2/00
Bye-22	1-Month Supply	Emergency Cellulite Solution Ki	retail \$ 29.00 🖸 18.95	An HALLAL
DBKT	1-Month Supply	DIE-DIE BLEMISHES - Kit		- 101
ZAPKT	1-Month Supply	DERME BONET SKIN CARE SYSTEM	retail \$100.00 \(\square\) 49.00	2/8/00
PNAIL	Aprox. 20 Trtmts. System	ZAP! ACNE SOLUTION KIT	retail \$ 89.00	The way
BHAIR	1-Month C	PERFECT NAILS	retail \$ 89.00	D. O.
VEGGI	1-Month Supply 30-Day Supply	BEAUTIFUL HAIR SUPPLEMENTS		
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LAX	As Needed	HYLAND'S LEG CRAMPS - Homeonethia	Irotoli @ o -	
S10	.25 ounce	IVATURAL LAXATIVE FORMULA	make 1 th	1 6:00
S11	.33 ounce	ELIZABETH TAYLOR'S PASSION PARFUN	retail \$ 9.50	
S29	4.0 oz. Revion	ELIZABETH TAYLOR'S PASSION SPRAY	1	1
-	'	NATURAL COLLAGEN MOISTURE LOTIO	retail \$ 15.95 🔲 8.00	1
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Weight Loss & Wellness Program

Congratulations! You're just minutes away from beginning one of the finest weight loss and wellness programs available. And it's so simple! But first a little background on the Serotril System.

Serotril is not just another diet in the sense of the typical starvation menu that robs your body of energy, makes you irritable, and can lower precious serotonin levels in your brain chemistry. Rather, it's a plan assisted by natural substances and a new way of eating -- more food than you're probably consuming right now! So how does all this help with your weight problem? The answer is in a big word you're going to get to know well -- thermogenesis.

Thermogenesis is the natural process by which our bodies turn fat into a burnable substance and then use this soluble lipid for energy fuel. (Don't worry about the big words, the results will impress you.) When we have an ample supply of energy, we begin to feel good and enjoy life more. Research has shown that when everything is in balance, serotonin follows giving us that "happy-to-be-alive" feeling which we all love. You're going to like this feeling. Back to the "T" word -- thermogenesis.

Like your car or TV set, we run on energy. But unlike a car, our body will make energy from a lot of different fuels. Sugars, carbohydrates, vitamins and protein are on the list. The problem that causes weight gain in otherwise healthy people is the body's natural storage system which automatically kicks in preparing for a rainy day when food might not be available. We are lucky to live in a country where this is not usually the case. Hence, this needless storage of fuel results in unwanted fat. So what's the solution? Store less and burn more.

Exercise is one way to burn fuel. The Serotril System does not dictate a formal exercise plan. However, walking briskly every morning and evening has been shown to both burn fat and provide a feeling of well being. It's also great for the digestion! In about 3 days after beginning the Serotril System you should have more energy and, if not already exercising, you'll feel confident in taking that long walk -- slowly at first, and more briskly as in a week or so.

Now here's the most important component of the Serotril System and what has made this weight loss miracle work so well. Remember, your unwanted fat is just stored energy. The reason you are not getting thinner is that it's what you're eating that is being used by your body chemistry for fuel, not what's been stored! Serotril can change that!

We need to turn you into a fat burning machine, using your stored energy (fat) instead of what you just ate. Serotril accomplishes this by asking you to consume very few carbohydrates and instead, eat more protein. Here's what you can and should not eat:

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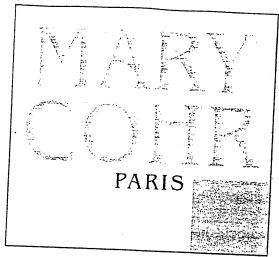
Serotril Sciences International

2375 East Tropicana Street, Suite 766 Las Vegas, NV 89119 Rush Credit Card Orders: 1-800-448-8511

FTC05599

Sian

xpr. Date



World's Most **Advanced** Skin Care

Mary Cohr of Paris has made a limited quantity of their most desirable skin care choices available for immediate shipping to you. Unfortunately these are the only items in their famous line that we currently have here in our country. The best of Mary Cohr's line is offered in selected Packages. Each comes with their no risk

Seeing Is Believing Guarantee

All Mary Cohr products come with the "seeing is believing guarantee". If you don't see immediate results or aren't absolutely thrilled with your choice, simply return the unused portion for a full refund. No questions asked. You won't see a guarantee this strong in any department store!

Package A -- The Serious Cellulite Solution

After about age 28 we naturally begin to lose important elastin fibers just beneath the skin's surface. The result is that orange peel appearance on the stomach, buttocks and thighs. Legs tire sooner and feel heavy and swollen. These undesirable skin conditions may actually be aggravated by weight loss.

Mary Cohr has made a cosmetic breakthrough that Éuropeans say is the surgery free solution to sagging skin and ugly orange peel. This package consists of 2 fantastic products never before available in America (see page 7 & 11 of catalogue and try the enclosed free sample).

DREME ANTHAGE **Corporelle &** DEFATIGANT INSTANTANÉ

Europeans pay over \$120 for this package. As part of the Serotril Sciences family, your price is just \$59.87 (while supplies last). Order now for an instant savings of \$60! Inventory permitting, we'll ship the same day.

Package B -- European Body Contour System

Used together, Mary Cohr's next two breakthroughs leave you feeling like you've just visited a posh, European spa, but without the expensive airfare! (See pg. 13 & 14)

BEL DOUCHE HAD BUR & ACTHIBACEUR BARIDE

You'll begin your reshaping and contouring session by bathing with the silky, smooth showering gel. Natural Acti-Enzymes are light years ahead of typical, drug store AHA products, and leave you looking and feeling great!

lext, pamper your body with the Acti-Minceur Rapide, then look in the mirror. It vill be instantly obvious why Mary Cohr has become the company trusted by those n the spotlight whose careers depend on their glamorous appearance.

Serious Science For An Ageless Appearance

rance is known for exciting advancements in cosmetic formulations that really make a difference. Dignitaries and celebrities from afar frequent these European spas and laboratories seeking a more youthful appearance. Now thanks to Serotril Sciences you don't have to be rich and famous to look years younger!

Serotril Sciences International has formed an alliance with one of Europe's most respected and prestigious cosmetic laboratories, *Mary Cohr of Paris*. Specializing in truly cutting edge products, Mary Cohr focuses on results. Each of their formulations has gone through strict testing and only the finest ingredients from around the world are used in these breakthrough products.

When you're dispatching orders daily to European royalty and television mega-stars; every product has to work perfectly.

Mary Cohr is cosmetic perfection.

The research and development in Paris by scientists at Mary Cohr means you no longer have to put up with:

- Cellulite on Legs & Thighs
- Tired Feeling Legs & Ankles
- Sagging Skin on Stomach Buttocks & Arms

FTC05601

Age Telling Fine Lines & Wrinkles

Jurulal A

Take 1 capsule 3 times a day with a full, large glass of water.

Pharmaceutical Grade Hypericum
Perfortaum

Important: Do Not Run Out of These Tablets. Reorder more in time!

Many medical researchers and professionals contributed to the formulation of the two natural components, Serotril A and Serotril B. As mentioned in the special announcement you received, the main ingredient in Serotril A (High Grade Hypericum Perfortaum) has been studied and found to be beneficial for naturally stimulating serotonin production. Our special source for pantothenic acid means you're getting the best possible product with an unprecedented freshness guaranteed. Serotril B has been found to facilitate catabolism of fatty acids. When the Department of General Surgery at Hong Kong Central Hospital studied the Serotril B ingredient it was discovered that regular usage results in an energy release from stored fat which satisfies hunger and increases quality of life.

Don't Be A SNIOP!

Your commitment to losing weight on the new Serotril system need not be shared with friends, neighbors and relatives. One of the biggest obstacles we've seen that can cause disappointing results is becoming Susceptible to the Negative Influence of Other People (SNIOP). You don't have to be a psychic to predict the reactions you'll get if you tell someone you've found the secret to weight loss. "It'll never work. Another gimmick! You'll starve to death. I've never heard of Serotril. You have to sweat to lose weight, everyone knows that. The Serotril System is too easy — can't possibly work!" Just wait . . .

Follow the simple rules and <u>you will lose weight</u>. There is no question about it -- you will lose weight with Serotril. Instead of telling everybody you're trying something new, keep quiet and listen for the compliments. It will be fun. Make no mistake, Serotril is the breakthrough 88 million overweight Americans have been waiting for. It's safe, natural, healthy <u>and it works</u>.

As you lose weight, you'll have to go through several plateaus. Suddenly you'll stop losing weight. This is natural and should be expected. Stay with it. Keep a close watch on those sneaky little carbohydrates. Stay below 20 grams a day and you'll be fine (pick up any nutritional reference book with a carb chart). As you begin to reach your desired weight, increase the carbs.

If you need guidance throughout your exciting journey to a new body and lifestyle, just give us a call. We're on your side.

(310) 274-3064

\$100 Reward!

Send us a letter about your experience with Serotril including a picture. If we include it in our next announcement, we'll send you a nice crisp \$100 bill!

Now, turn this booklet over for another announcement

FTC05602

The No-No List

Stay away from -

Breads of all kinds (yes, even the "diet" breads)
Milk, especially milk shakes, even skim milk
Rice and pasta of all kinds
Corn and potato (and all other starches!)
Berries, including strawberries, blackberries, etc.
Bananas, apples, apricots, avocados, prunes
Beans, all kinds
Jams and Jellies
Pizza
Other high carbohydrate foods

Go-For-It List

Eat until full -

Meat	Fish	Fowl	Eggs	Cheese
Beef	Tuna	Chicken	Scrambled	Cow & goat
Pork	Salmon	·Turkey	Fried	J
Cottage		• .		
Lamb	Sole	Duck	Poached	Mozzarella
Bacon	Trout	Goose	Soft Boiled	Cream
Veal	Flounder	Game Hen	Devilled	Aged
all meats	all fish	all fowl	all eggs	1 -

Imagine, you can eat a tender, juicy T-bone steak, covered with mozzarella cheese and a big, crispy salad made with your choice of lettuce and covered with any kind of dressing (except blue cheese), accompanied by a healthy vegetable (except ones listed on the No-No list), all without feeling guilty! That's why we don't call it a diet. You can eat until you're satisfied -- but don't stuff yourself. That's all there is to the eating part of the Serotril plan. The rest is just as easy.

The rules are simple: Limit your carbohydrate intake to less than 20 grams a day. Instead, eat lots of protein foods. Within about 48 hours your body will use up its supply of stored carbohydrates. After that you'll begin a state of ketosis (you begin to spontaneously burn more stored fat for energy instead of just your daily intake of nasty carbohydrates). You really do become a "fat burning machine" with Serotril.

The Serotril system is not intended as a substitute for medical counseling. People that are pregnant (or nursing), on diuretics or diabetes medication should proceed only under doctor's supervision.

Serotril A and Serotril B: Next, as part of the Serotril System you'll take Serotril A and B daily. These are not magic, miracle pills. Rather, these are pharmaceutical grade supplements which have some pretty amazing properties. They are not substitutes for a good regimen of vitamins and minerals (available from a health food store or directly from *Serotril Sciences International*).

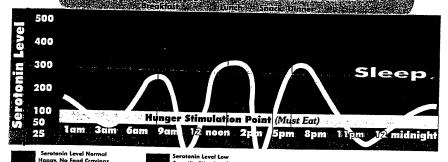
Be aware of the quality of your supplements. **Not all vitamins are created equal!** When in doubt, talk to your doctor or call us. We're there to help you every step of the way. Most of our staff is using Serotril and it will be fun to share experiences.

. . being overweight is not your fault!"

Serotonin Decides Your Mood and Body Weight

Overweicht Persons

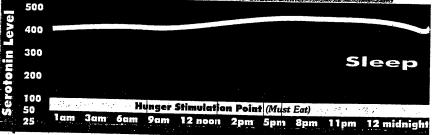
Always Hungry, Depressed, Low Energy Sad Abnormally Low Serolonin Level



Above: Female, 42 yrs. old., 48 lbs. overweight. Has tried 8 different starvation diets, 3 prescription drugs, intensive exercise with little or no improvement. Suffers from mood swings, low energy, lack of sexual desire and ability. Complexion (face and neck) showing premature signs of aging.

Below: Same person after 28 days on natural Serotril. Lost 19 lbs so far. Looks noticeably younger. Happy, energetic again!





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Reference Note: Allour formulas including Serotril are natural and do not contain drugs. No drug claims are made or implied here or in any of our materials. These formulas are not intended to diagnose, treat, cure or prevent any disease.



From: Barbara J., Plano, TX

I have been overweight since I was a teenager, having to put up with all those fat girl jokes. I even read somewhere that over weight people live a shorter life. But no matter what I tried I couldn't lose but a pound or two. I tried sweating to some dance tape I saw on

mrbara Lost 36 lbs. TV, I tried going to a weight loss clinic — all I got more hungry and more depressed. Almost immediately after using protril, I began feeling good and happy again and my years of flab gan to melt away. I'm still amazed at how fast Serotril works! My sband is so happy with my new, sexy figure, he took me on a cation to Hawaii! Thanks for my new life. — Love, Barbara J.



Dr J. Lost 48 lbs

From: Dr. Jacob W., Beverly Hills, CA I am a retired MD and have always known the health risks of being even 10% overweight. But as you know, for every year past 30, people seem to gain a pound or two. It adds up fast! I was 60 lbs. overweight for my height and frame before I started using the *Serotril* system. Without a doubt, you have discovered a tool to fight a

condition suffered by 88 million Americans — obesity. **Serotril** represents a scientific breakthrough long overdue. After using Serotril myself and experiencing the ease in which I personally lost **48** pounds (so far) without drug related side effects, I compliment you and your team on this exciting contribution. — *Dr. Jacob W.*

age 8

So, that's why I crave fattening foods!"

Until Serotril, There Wasn't Much You Could Do!

Serotril --Available To Public Without Prescription

Serotril contains a delicate, small molecule that has some very amazing properties. For years this natural miracle has been used in Europe and was proven safe. According to worldwide health publications, because of the effects of this beneficial amazing, tiny molecule, doctors in Germany recommend this natural substance more often than most traditional prescription drugs.

Serotril works by naturally inhibiting the production of MAO (remember, MAO is the bad enzyme that can destroy precious serotonin). By taking **Serotril** you get the results of the popular diet drugs (now banned), but without the side effects.

In the medical journal, *Drug Research*, Dr. S. Perovic reported that the **Serotril** ingredient keeps serotonin active between meals, ending cravings which lead to snacking.

Another positive benefit of maintaining a proper serotonin level is the accompanying sensation of happiness and well-being.

Serotril smooths out the highs and lows so you don't crave carbohydrates, the most fattening of the food groups. Starvation diets neglect the psychological effects of low serotonin levels which is why they just don't work.

See Chart Next Page

Serotril maintains a healthy, steady serotonin level all day and night. When serotonin approaches or drops below the Hunger Stimulation Point (HSP), uncontrollable eating is triggered. Hence, weightgain.

Serotril naturally stimulates the production of serotonin, causing spontaneous weight loss without useless dieting! Since Serotril is not a drug, there are no unpleasant side effects, even with prolonged usage.

People report losing weight quickly with **Serotril**. Even though Serotril is so effective, it's <u>not</u> a drug! This new breakthrough is now available, and <u>without</u> a doctor's prescription (though you should always check with your doctor before starting this or any other weight loss regimen).

Find your ideal, healthy weight on the chart (right).

What's Your Ideal Body Weight?

Height no shoes	Small	nen Med. Frame	Large Frame	
feet/in 53 54 55 57 58 510	lbs. 100 104 107 110 113 116 120 123	lbs. 109 112 115 118 122 125 129 132	lbs 118 121 125 128 132 135 139 142	
511 60 61 62 63	126 130 133 137 141	136 140 144 148 152	146 151 156 161 166	

		4		
	Height o shoes	Small Frame	Med. Frame	Large Frame
ŀ	feet/in	lbs.	lbs.	lbs.
1	53	118	129	141
ļ	54	122	133	145
1	5.5	126	1.37	149
ı	56	130	142	155
	57	134	147	161
1	58	139	151	166
1	59	143	155	170
١	5 10	147	159	174
1	511	150	163	178
1	60	154	167	183
1	61	158	171	188
ı	62	162	175	192
L	63	165	178	195

When You Lose Weight, You Gain Energy, Sex Drive, Happiness . . . Life!



ecently USA Today reported that some major health insurance companies are now covering certain "non traditional" treatments for various ailments. Some call this approach Alternative Medicine, Naturopathics, Homeopathics or Natural Remedies.

Oxford, the prestigious east coast health carrier, may be the first of a groundswell of companies addressing common health problems without relying solely on potentially dangerous drugs. Though we live in the most scientifically advanced country in the world, we're just now recognizing what other cultures have embraced for eons. Interesting...

Dr. Rappaport in his interview cited obesity as a serious condition far more important than vanity. "Being just 15 pounds overweight can compromise quality of life. Lowered energy, lack of sexuality, sleeping problems and depression can be symptomatic of even slight obesity. When you correct the biochemical cause of weight gain [with **Serotril**], you will lose weight naturally without useless dieting."

The most exciting part of Dr. Rappaport's discovery is that Serotril is really a "Wellness Formula." Though users are thrilled about their rapid and effortless weight loss, *Serotril* is also providing many other critically important health benefits.



If you've struggled for years to have a healthy, great looking figure without success, now there are no more excuses. New **Serotril** is safe, natural and available <u>without a prescription!</u>

Serotril, A "Wellness Formula"

Like most, this reporter is most anxious to use Serotril for its weight-loss benefits. (After all, if **Serotril** is being used by TV stars and is natural, why not give it a try?) However, as Dr. Rappaport explained, there is much more to his discovery than just easy weight loss. **Wellness!**

A prominent doctor and professor at prestigious American medical university found a remarkable nutrient called hexanicotinate, vital in breaking down fat into soluble lipids which can then be used to produce energy. This natural process takes place in our bodies and is called "thermogenesis." It gives us that pleasant, happy-to-bealive feeling!

In addition, when lipids change to this soluble state, HDL (good cholesterol) increases by almost 30%, while the bad LDL goes down about 17%! One of the many natural ingredients in **Serotril** is inositol hexanicotinate.

Note: All our formulas including Serotril are natural and do not contain drugs. No drug claims are made or implied here or in any of our materials which are not necessarily reviewed by the FDA. These formulas are not intended to diagnose, treat, cure or prevent any disease. Always check with your healthcare provider before starting this or any weight-loss program.



Jean-Paul Rappaport, MD, Paris, France

Dear Reader:

am proud of the team scientists in France and Canada that have worked to perfect the Serotril system. This is truly a long awaited breakthrough. Those who have

failed on fad diets and harsh drugs are finally able to lose their unwanted pounds. Even if you're a FEN-PHEN failure, the Serotril system can work for you too. Serotril is completely guaranteed.

Until this announcement, my Serotril was only available to a few "insiders" through our research facilities in Europe. Now you don't have to be a Hollywood star or among the rich and famous to have a great looking figure, hanks to Serotril!

The only way to lose weight is through a process called Thermogenesis which converts stored fats into soluble lipids. These lipids are then burned off by your body chemistry naturally as energy. Serotril helps put this process in motion naturally by encouraging serotonin production and proper nutrition.

My formula does not contain ephedrine, caffeine or any drug stimulants. Serotril is 100% natural and safe. The extremely clean and pure natural elements we discovered in Canada and Europe contribute to the quality and success of the Serotril formula.

Your personal weight loss will vary. Please DO NOT lose too much weight. Being too thin can be just as unhealthy as being over weight. As your weight begins to plummet, follow the Serotril maintenance instructions as you approach your ideal weight (see chart pg. 7).

If you have a moment, drop me a note. I would love to hear of your experience with our Serotril system. (Kindly include a picture.)

Your Friend,

--Dr. Jean-Paul Rappaport

Priority Order Form

Unconditional 30 Day, Money-Back Guarantee!

Use Serotril for a full 30 days. If you're not absolutely thrilled by your weight-loss, send back the unused portion within 60 days for a prompt refund of your purchase price - NO QUESTIONS ASKED!

For Fastest Delivery Call Toll-Free Now!

All Credit Card Orders Processed And Shipped Immediately By USPS.

Credit Card Orders, Call Toll-Free 24 Hours: 1-(800) 257-5195

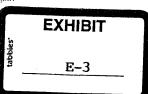
Or Fax Toll Free At 1-800-784-7800 c	or (310) 271-9149 (international _i fax)
Please RUSH my order of the Serotril system to my addreguaranteed and I risk nothing if I don't lose weight as property. Qty. Price SR-4 120-Days (reg. \$239.70)□ \$109.95** SR-3 90-Days (reg. \$159.80) □ 89.95 SR-2 60-Days (reg. \$79.90) □ 49.95 SR-1 30-Days (reg. \$39.95) □ 29.95 Shipping and Handling Add: 4.00	
**Order This Quantity For The Lowest Per Tablet Cost and Best Value! (Save 33%!!)	City State Zip Very important for tracking. Affix 2 regular 32¢ stamps to envelope. Mail Order Form & payment: Serotril Sciences, International 125A-1030 Denman St., Suite 100 Vancouver, B.C., V6G 2M6
Credit Card number:	Canada
Expr. Date / Sign MasterCard Visa American Express Discover	All Credit Card Orders Shipped Rush USPS! © 1998 Serotril Intl 1.2

and the love of my life!"



"When you correct the biochemical cause of weight gain, you can lose weight effortlessly, without dieting..." (See pg. 9)

Dr. Jean-Paul Rappaport



Ceyerup Revealed!

Drug Company Scandal Erupts



Side Effects Prompt FDA To Ban FEN-PHEN

New Safe Alternative Just Released - Serotril Available Without Prescription

By Dr. Dean Adler, Sr. Medical Editor

magine getting calls in the middle of the night from stars of television shows such as Baywatch, 90210, ER and others. "Stars panic when they're getting ready to attend award shows like TV's Golden Globe because they must look their best," calmly explained Dr. Jean-Paul Rappaport. "They know that my natural weight loss formula, Serotril, works without dieting and without side effects that might affect their performances and careers."



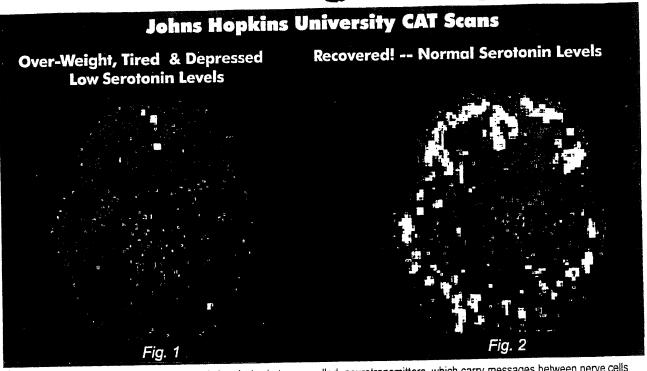
Separated from Hollywood by 9,000 miles and a nine hour time difference means that Dr. Rappaport will likely continue receiving these calls in the middle of the night at his home in central France. Celebrities consider him the "star" when it comes to their perfect, sexy, slender figures. Clearly, he is one of Hollywood's best kept secrets. And, until this report, so has his weight loss discovery, Serotril.

More about new Serotril later... Drug Company Coverup Unfolds -- FDA Steps In

In my 32 years as a medical editor contributing to some of America's most prestigious publications, I have written about many weight loss discoveries including the release of the Fenfluramine & Phentermine ("FEN-PHEN") combination protocol. Everyone, including medical professionals, thought that FEN-PHEN was the answer. They all were dangerously wrong!

In September of 1997 the United States Food and Drug Administration officially banned the use of FEN-PHEN for weight control. It appears that toward the end of the drug company's required testing of FEN-PHEN, life-threatening side effects were found from the use of this drug combination. Scientists at Johns Hopkins University Medical Center discovered that users of FEN-PHEN developed swelling of neurons deep within their brains. It also was found to be the cause of abnormal heart valve function that, after a few months usage, produced arrhythmias conditions. Unfortunately, this was after millions of prescriptions had been written for FEN-PHEN -- the media had portrayed it as being a medical miracle breakthrough. Obviously they were wrong!

Your Brain Chemistry Controls Body Weight, Sexual Ability, Mood Swings & Aging



Serotonin is one of a large number of natural chemical substances called neurotransmitters, which carry messages between nerve cells within the brain. Serotonin is the "feel good" brain chemical which is responsible for regulating our moods and deciding our body weight. Fig. 1 is a brain scan showing low serotonin levels common with users of FEN-PHEN. Person has mood swings and is usually tired. Fig. 2 represents a brain scan of a healthy person fully recovered after using all-natural **Serotril**. Serotonin levels have been increased causing an overall feeling of well-being and spontaneous, natural weight loss without dieting. Patient in this study lost 78 lbs. effortlessly.

... the drug companies attempted to hide this horrific finding from the public.

Just like the tobacco companies did with nicotine, the drug companies attempted to keep this horrific finding from the public by furnishing their own research contrary to the clinical studies at Johns Hopkins University. The FDA swiftly stepped in and protected the public by stopping the prescription of problematic FEN-PHEN.

The reason behind the attempted coverup is not uncommon among giant, public corporations. Stockholders of the big drug companies involved were furious since hundreds of millions of dollars were already spent on marketing FEN-PHEN. After all, with 88 million Americans overweight and desperate for a solution, they were certainly on their way to big profits.

When the FDA stepped in, the stock value of the pill mills fell instantly. Panic set in as FEN-PHEN was being pulled off the market. The Wall Street Journal reported that malpractice suits poured into the court systems as people wound up in hospitals with chronic insomnia, nervousness and serious heart valve problems, all from taking FEN-PHEN.



What Drug Companies Don't Want You To Know

hat you are about to read will probably shock you as much as it did this reporter. Drug company coverups go far beyond FEN-PHEN. Now the plot thickens! It seems these billion dollar drug giants all have one relentless competitor in common they all constantly fear -- Natural Remedies.

Most of the world's population has relied on natural formulas (naturopathics) and homeopathics for thousands of years with proven success. In fact, in Europe and the far-east (China & Japan), successful companies involved with natural products are as big and well respected as the chemical drug giants here in America. So why do most people in this country falsely assume that prescription drugs are "the only thing that works?" Simple. These profitable drug companies have a ton of money to spend on marketing! Think about it -- everywhere you go they're in your face. Magazines, TV ads, pharmacies in grocery stores, and the biggest promoter of all, hospitals, HMO's and mainstream physicians.

Drug companies make it nearly impossible for doctors to resist prescribing their expensive pills for what ails you. They pull out all the stops when pushing their drugs on physicians including sending out attractive "pharmaceutical consultants" to visit with arm loads of free samples.

Ever wonder why some doctor's offices and hospitals hand out those free samples of aspirin substitutes so readily?

Well, the company that makes the popular pills has a secret "reward" program that sends doctors and hospital officials on lavish, paid vacations to Hawaii, Hong Kong or Europe as their way of saying thanks for pushing their pills. Think about it. When was the last time your doctor recommended a natural herbal product for any condition? I think you've got the picture...

Dr. E. U. Vorbach Proves Natural Formulas Work!

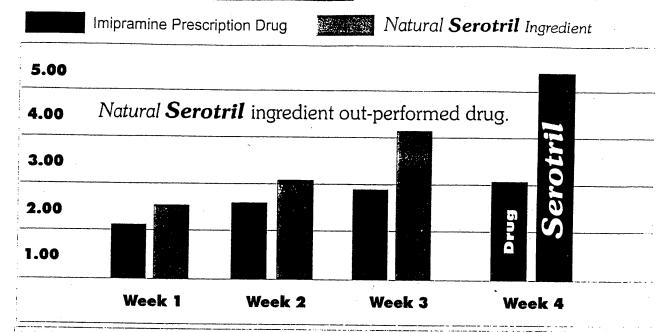
Here's the study the drug companies tried to keep under wraps. Dr. E. U. Vorbach conducted a double-blind, clinical study comparing the effects of two substances in the treatment of depression. Both work by stimulating serotonin production in the brain thus making patients feel happy again.

Imipramine, a powerful prescription drug, was tested against a natural, micro-molecule plant extract, European Hypericum Perforatum, an ingredient in Dr. Rappaport's *Serotril*. The results of his study will astonish you.

The natural substance was actually proven more powerful and faster acting than the drug! And the subjects given the plant extract had none of the side effects of the drug taking group. (The chart on the next page shows Dr. Vorbach's results.) You probably hadn't heard of the findings before, right? Did the drug giants keep it from being published here in America? We found it easily in Europe...

New Serotril is safe and natural ...

Dr. Vorbach's Clinical Study Proves <u>Natural</u> Works Better



In this 30 day double-blind clinical trial, Dr. E. U. Vorbach tested a common prescription antidepressant drug against a micro-molecule natural plant extract. Many people falsely believe only drugs can help with health problems. Dr. Vorbach proved that this <u>natural</u> substance actually worked better and faster to increase brain serotonin levels. Of course those on the natural formula did not have <u>any</u> of the drug side effects, yet lost weight <u>without dieting</u> and began feeling happy again. Participants also reported that food cravings disappeared and energy increased.

How Serotril Works

Without getting too technical, one needs to understand a bit about brain chemistry to appreciate the incredible beneficial effects of Serotril. As mentioned before, there are many naturally occurring neuro-chemicals that make up the environment within the brain. They store and transmit messages throughout the nervous system. One of the substances is an enzyme called monoamine oxidase (MAO). It is produced as a byproduct of a complex reaction and is not necessarily beneficial to our-well being. MAO destroys serotonin and the brain chemical norephrine, a very important brain neurotransmitter. Low serotonin leads to headaches, depression, sleeplessness, reduction of short-term memory and, most importantly for weight management, uncontrollable food cravings -- especially for carbohydrates!

Page 6

Hunger is a complex sensation that scientists know is directly tied to brain chemistry, not just our stomachs! In particular, carbohydrates are responsible for the vast majority of weight problems. That's because carbohydrates cause the production of insulin, allowing tryptophan to enter the brain. Tryptophan stimulates the production of serotonin which regulates our body weight and makes us feel good. But there's one big problem!

Until the release of **Serotril**, fattening, figure destroying carbohydrates were the only <u>natural</u> serotonin stimulant for that happy, comfortable feeling. Unfortunately, this carbohydrate stimulated "high" lasts only a short time, encouraging further intake of snack foods, potato chips, pastries and sweets which are <u>all</u> carbohydrates. This is the sad vicious circle that leads to obesity. It is this subconscious desire to *feel good* that causes people to eat more carbohydrates and thus gain weight!

Until Serotril, There Wasn't Much You Could Do!

Serotril --Available To Public Without Prescription

Serotril contains a delicate, small molecule that has some very amazing properties. For years this natural miracle has been used in Europe and was proven safe. According to world health publications, because of the beneficial effects of this amazing, tiny molecule, doctors in Germany recommend this natural substance more often than most traditional prescription drugs.

Serotril works by naturally inhibiting the production of MAO (remember, MAO is the bad enzyme that can destroy precious serotonin). By taking **Serotril** you get the results of the popular diet drugs (now banned), but without the side effects.

In the medical journal, *Drug Research*, Dr. S. Perovic reported that the **Serotril** ingredient keeps serotonin active between meals, ending cravings which lead to snacking.

Another positive benefit of maintaining a proper serotonin level is the accompanying sensation of happiness and well-being.

Serotril smooths out the highs and lows so you don't crave carbohydrates, the most fattening of the food groups. Starvation diets neglect the psychological effects of low serotonin levels which is why they just don't work.

See Chart Next Page

Serotril maintains a healthy, steady serotonin level all day and night. When serotonin approaches or drops below the Hunger Stimulation Point (HSP), uncontrollable eating is triggered. Hence, weight-gain.

Serotril naturally stimulates the production of serotonin, causing spontaneous weight loss without dieting! Since Serotril is not a drug, there are no unpleasant side effects, even with prolonged usage.

People report losing weight as soon as the second day on **Serotril**. Even though Serotril is so effective, it's not a drug! This new breakthrough is now available, and without a doctor's prescription (though you should always check with your doctor before starting this or any other weight loss regimen).

Find your ideal, healthy weight on the chart (right).

What's Your Ideal Body Weight?

Height no shoes	Wom Small Frame	Med. Frame	Large Frame	
feet/in 5'3" 5'4" 5'5" 5'6" 5'7" 5'9" 5'10" 5'11" 6'0" 6'1" 6'3"	lbs. 100 104 107 110 113 116 120 123 126 130 133 137 141	lbs. 109 112 115 118 122 125 129 132 136 140 144 148 152	lbs 118 121 125 128 132 135 139 142 146 151 156 161 166	

Height no shoes	Small Frame	Med. Frame	Large Frame
feet/in	lbs.	lbs.	lbs.
5'3"	118	129	141 145
5'4"	122 126	133 137	149
5′5″ 5′6″	130	142	155
5'7"	134	147	161
5'8"	139	151	166
5'9"	143	155	170
5'10"	147	159	174
5'11"	150	163	178
6'0"	154	167	183
6'1"	158	171	188
6'2"	162	175	192
6'3"	165	178	195

being overweight is no

Mood and Body Weig

Overweight Person:

Always Hungry, Depressed, Low Energy, Sad. **Abnormally Low Serotonin Level**



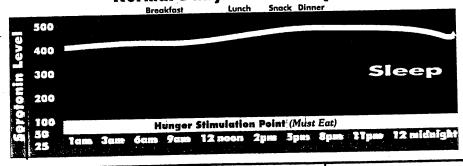
Above: Female, 42 yrs. old., 48 lbs. overweight. Has tried 8 different starvation diels, 3 prescription drugs, intensive exercise with little or no improvement. Suffers from mood swings, low energy, lack of sexual desire and ability. Complexion (face and neck) showing premature signs of aging.

Below: Same person after 28 days on natural Serotril. Lost 19 lbs so far. Looks noticeably younger. Happy, energetic again!

After Using **Serotril** 1 Month

Automatically losing weight daily. Happy & Energetic!

Normal Daily Serotonin Cycle



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From: Barbara J., Plano, TX

I have been overweight since I was a teenager, having to put up with all those fat girl jokes. I even read somewhere that over weight people live a shorter life. But no matter what I tried I couldn't lose but a pound or two. I tried sweating to some dance tape I saw on

Barbara Lost 36 lbs. TV, I tried going to a weight loss clinic - all I got is more hungry and more depressed. Almost immediately after using Serotril, I began feeling good and happy again and my years of flab began to melt away. I'm still amazed at how fast Serotril works! My husband is so happy with my new, sexy figure, he took me on a vacation to Hawaii! Thanks for my new life. - Love, Barbara J.



Dr J. Lost 48 lbs

From: Dr. Jacob W., Beverly Hills, CA I am a retired MD and have always known the health risks of being even 10% overweight. But as you know, for every year past 30, people seem to gain a pound or two. It adds up fast! I was 60 lbs. overweight for my height and frame before I started using the Serotril system. Without a

doubt, you have discovered a tool to fight a condition suffered by 88 million Americans -- obesity. represents a scientific breakthrough long overdue. After using Serotril myself and experiencing the ease in which I personally lost 48 pounds (so far) without drug related side effects, I compliment you and your -- Dr. Jacob W. team on this exciting contribution.

Energy, Cex Drive, Happiness . . . Life!



Recently USA Today reported that some major health insurance companies are now covering certain "non traditional" treatments for various ailments. Some call this approach Alternative Medicine, Naturopathics, Homeopathics or Natural Remedies.

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The most exciting part of Dr. Rappaport's discovery is that Serotril is really a "Wellness Formula." Though users are thrilled about their rapid and effortless weight loss, *Serotril* is also providing many other critically important health benefits.



If you've struggled for years to have a healthy, great looking figure without success, now there are no more excuses. New **Serotril** is safe, natural and available <u>without a prescription!</u>

Serotril, A "Wellness Formula"

Like most, this reporter is most anxious to use Serotril for its weight-loss benefits. (After all, if **Serotril** is being used by TV stars and is natural, why not give it a try?) However, as Dr. Rappaport explained, there is much more to his discovery than just easy weight loss. **Wellness!**

Dr. Neil Stone, a professor at Northwest School of Medicine, found a nutrient called hexanicotinate, vital in breaking down fat into soluble lipids, which can then be used to produce energy. This natural process takes place in our bodies and is called "thermogenesis." It gives us that pleasant, happy-to-be-alive feeling!

In addition, when lipids change to this soluble state, HDL (good cholesterol) increases by almost 30%, while the bad LDL goes down about 17%! One of the many natural ingredients in **Serotril** is *inositol hexanicontinate*.

et Started, a Reminder.

Important: Do Not Run Out of Serotril Formulas

e biggest mistake we see customers make is running out of Serotril A and Serotril B. As soon as possible, ce your re-order. Below is the Serotril Sciences Discount Re-order Form.

I have also received our quarterly *Insider's Newsletter* with your shipment, announcing the latest discover-from Serotril Sciences International. You'll save if you order your choice of our specials on this same form.

Priority Discount Order Form

s with all our products, your order comes with our unconditional 30-day money-back guarantee. You may turn any of these purchases within 60 days for a prompt refund of your purchase price NO QUESTIONS ASKED!

or Fastest Delivery Call Toll-Free 1-800 261-4300

9 AM To 5 PM PST or Fax 24 Hours, Toll-Free 1-800 784-7800

se rush my order of Serotril products to my address below. I am placing this order with the understanding that my faction is completely guaranteed and I risk nothing. (Please check items below. Thank you.)

BE 120 Days	_ Froduct Name	Retail Price	YOUR PRICE	Quantity	Price
	Serotril A & Serotril B Tablets	retail \$239.70	□ \$109.95	additity	FIICE
	Serotril A & Serotril B Tablets	retail \$159.80	89.95	'	
BE 60 Days (reg. \$79.90)	Serotril A & Serotril B Tablets	retail \$79.90	49.95	1	
BE 30 Days (reg. \$39.95) D1 30 Days (reg. \$49.95)	Serotril A & Serotril B Tablets	retail \$39.95	29.95		
- σ σ σ σ σ σ σ σ σ σ σ σ σ σ σ σ σ σ σ	RJV Natural Energy Formula	retail \$39.95	1		
-1 ~30 Days (reg. \$39.95) .25 ounce	Fast Asleep	retail \$29.95	☐ 19.95		
	ELIZABETH TAYLOR'S Passion Parfum	retail \$70.00	18.95		
.33 ounce	ELIZABETH TAYLOR'S PARFUM SPRAY	retail \$11.95	☐ 42.00		٠.
1.0 ounce	ELIZABETH ARDEN EIGHT HOUR CREAM	retail \$8.00	□ 6.00	- 1	
1.7 ounce	ELIZABETH ARDEN SPA SKINCARE	retail \$28.00	☐ 4.00 l	1	
2.0 ounce	ETERNA "27" CREAM	retail \$15.75	☐ 14.00		
.25 ounce 6.6 ounce	GUESS PERFUME PURSE SPRAY	retail \$49.50	☐ 6.50		
1.0 ounce	TRIBECCA SENSATIONAL BODY CREAM	retail \$36.00	□ 14.00	ļ	
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The Weight Loss & Wellness Fragram From Europe

ongratulations! You're just minutes away from beginning one of the finest weight loss and wellness programs available. And it's so simple! But first a little background on the Serotril System.



Remember when we were kids and we didn't think much about what we ate? Weight-loss was a concept we had never heard of. Our activity level was high and our body chemistry turned just about everything we consumed into more energy (much to the dislike of parents and teachers at times).

But now our lives and body

chemistry are different. Though we still desire lots of energy to accomplish daily tasks and participate in family recreation, it seems not everything we eat is instantly utilized as energy and more becomes stored as fat. Don't worry, you're not alone. This is a world-wide problem. Fortunately, you're among the thousands that will learn how *Serotril* can help solve this dilemma.

Serotril is not just another diet in the sense of the typical starvation menu that robs your body of energy, makes you irritable, and can lower precious serotonin levels in your brain chemistry. Rather, it's a plan assisted by natural substances and a new way of eating -- more food than you're probably consuming right now! So how does all this help with your weight problem? The answer is in a big word you're going to get to know well -- thermogenesis.

Thermogenesis is the natural process by which our body turns fat into a burnable substance and then uses this soluble lipid for energy fuel. (Don't worry about the big words, the results will impress you.) When we have an ample supply of energy, we begin to feel good and enjoy life much more. Research has shown that when everything is in balance, serotonin follows giving us that "happy-to-be-alive" feeling which we all love. You're going to like this feeling. Back to the "T" word -- thermogenesis.

Like your car or TV set, we run on energy. But unlike a car, our body will make energy from a lot of different fuels. Sugars, carbohydrates, vitamins and protein are on the list. The problem that causes weight gain in otherwise healthy people is the body's natural storage system which automatically kicks in preparing for a rainy day when food might not be available. We are lucky to live in a country where this is not usually the case. Hence, this needless storage of fuel results in unwanted fat. So what's the solution? Store less and burn more.

Exercise is one way to burn fuel. The Serotril System does not dictate a formal exercise plan. However, walking briskly every morning and evening has been shown to both burn fat and provide a feeling of well being. It's also great for the digestion! In about 3 days after beginning the Serotril System you should have more energy and, if not already exercising, you'll feel confident in taking that long walk -- slowly at first, and more briskly in a week or so.

Now here's the most important component of the Serotril System and what has made this weight-loss miracle work so well. Remember, your unwanted fat is just stored energy. The reason you are not getting thinner is that what you're eating is being used by your body chemistry for fuel, and nowhat's been stored! Serotril can change that!

We need to turn you into a fat burning machine, using your stored energy (fat), instead of what you just ate. Serotril accomplishes this by asking you to consume less carbohydrates and instead eat more protein.



You'll never be on a starvation diet with Serotril, don't worry. If you cheat once in a while, don't be concerned. You can make up for it the next day.

Everyone's taste is different, so please consider what follows as just our <u>suggestion</u> on what to eat. The world won't end if you eat the wrong foods once in a while!

Weight Loss Has Never Been So Easy!

If we all liked the same foods, there would be no need for menus in restaurants! Pick and choose, make up your own recipes, and remember this isn't a diet and these are only <u>our</u> suggestions!

The No-No List

tay away from:

Breads of all kinds (yes, even the "diet" breads)
Milk, especially milk shakes, even skim milk
Starches, corn and potato
Jams and Jellies
Pizza (Sorry!)
Other exceptionally high carbohydrate foods

Go-For-It List!

Meat Fish Fowl Eggs Cheese
eef Tuna Chicken Scramble Cottage
Ork Salmon Goose Poached Mozzarella
amb Trout Gm Hen Ovr Easy Cow & Goat
acons Flounder Duck Soft Boil Aged Italian
bele Deviled
I meats all fish all fowl all eggs all cheese



Imagine, if you're a meat eater, you can eat a tender, juicy T-bone steak, covered with mozzarella cheese and a big, crispy salad made with your choice of lettuce and covered with any kind of dressing (except blue cheese), accompanied by a healthy vegetable -- all without feeling guilty! That's why we don't call it a diet. You

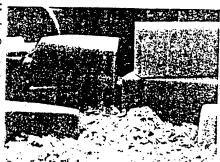
n eat until you're satisfied -- but don't stuff yourself. nat's all there is to the eating part of the Serotril plan. The st is just as easy.

tention Vegetarians: The rules are the same. Just subtute appropriate protein foods for the list above. Your sults should be just as good! Call us if you have any lestions -- (800) 261-4300 or Email serotril@aol.com.

eat lover to lose weight with Serotril. Unlike the old "no rbs, all meat" (yuck) Atkins diet, Serotril concentrates on turally raising your serotonin levels. Excessive carbohyate intake can cause excessive highs and lows in seronin and sabotage success.

You don't have to eat a lot of weird stuff to lose weight with Serotril. Science has come a long way since the 30 year old Atkins diet came out (sorry Dr. Atkins!).

The rules are simple: Simply lower your carbohydrate intake to around 20 grams a day. Instead, eat lots of protein foods, like cheese. You may eat fruit, but not after 2 pm. Take Serotril A & B according to directions.



Within about 48 hours your body will use up its supply of stored carbohydrates. After that you'll begin to spontaneously burn more <u>stored</u> fat for energy instead of just your daily intake of nasty carbohydrates. You really do become a "fat burning machine" with Serotril. You should feel more energetic and healthy -- maybe for the first time in your life!

The Serotril system is not intended as a substitute for medical counseling. Though Serotril is not a drug, people that are pregnant (or nursing), on diuretics or diabetes medication should proceed only under doctor's supervision.



Serotril A and Serotril B: Next, as part of the Serotril System you'll take Serotril A and B daily. These are not magic, miracle pills. Rather, these are pharmaceutical grade supplements which have some pretty amazing properties. They are not substitutes for a good regimen of vitamins and minerals (available from a health food store or directly from *Serotril Sciences International*). Be aware of the quality of your supplements. Not all vitamins are created equal!

When in doubt, talk to your doctor or call us. We're there to help you every step of the way. Most of our staff is using Serotril and it will be fun to share experiences.

Here's how to get the most benefit from natural formulas, Serotril A and Serotril B:

Take 2 to 3 capsules a day on a full Take 1 tablet a day at lunchtime on a

Clinia

Pharmaceutical Grade Hypericum

Perfortaum 1300 me e

stomach with a full, large glass of a full stomach with a full glass of water. water. A Pantothenic acid to promote catabolism

100 m̃≥

Instructions: Take 1 Serotril A with breakfast. Take a Serotril A and a B with lunch. Optional: Take one ac tional Serotril A with dinner. If you decide on the optional plan, be careful not to run out of A!*

Jere are a few recipes from our test kitchen. We offer these not as a strict menu, but as an example of how easy it is to lose weight with the Serotril; System.

You are encouraged to make up your own dishes. st keep the carbs low and vou can't faill. Sending year favorite recipes and if we print the we'll send you affree gift!"

Hawaiian Stir Fry 3 T oil free Italian Red Wine salad dressing

21/2 T Lite Soy Sauce

1/4 tsp. Worcestershire Sauce

¼ tsp. pepper

1/4 tsp. garlic powder

2 T Water + Dr. Stamper's Chicken Bouillon

1/4 cup bean sprouts

1/4 cup cabbage

1/2 cup cubed pineapple

31/2 oz. round steak cut into cubes or strips

Mix first five ingredients together. Spray small frying pan with non-stick spray or use cast iron skillet. On medium heat, cook meat with sauce, add water if needed. cook 5-7 minutes. Add bean sprouts and cabbage and cook, stirring occasionally, 2-3 minutes. Add pineapple, stir and cook until done. Serves 1. Increase for family feeding.

Glazed Chicken

1/2 oz. plain, nonfat yogurt 1 drop Sweet & Low 2 drops Worcestershire Sauce Dash of each; garlic powder, salt, pepper & Tabasco 3 oz. skinned, boned chicken breast

Mix all ingredients except chicken. Spray baking pan and place chicken in pan. Top with ½ sauce. Cover and bake at 350° for 15-20 minutes. Top with remaining sauce. Broil until lightly brown. Serves 1. Increase for whole family. They will love the flavor!

Sweet & Sour Fish Kabobs

31/2 T Red Wine Salad Dressing

Sweet & Low to taste

2 tsp. pineapple juice

31/2 oz. (total) Red Snapper, Swordfish & Cod cut into 13

2 squares

1/2 cup pineapple chunks

1/2 cup red pepper - Cut into 1/2 inch squares

1/2 cup green pepper - Cut into 1/2 squares

Mix together first four ingredients. Marinate fish covered in refrigerator for at least 30 minutes. On skewers arrange fish, bell peppers and pineapple chunks. Barbecue 4-6" from coals 15-20 minutes, frequently brushing remaining marinade on kabobs. Serves 1. Increase for family. This is our favorite summer creation

Turkey Burgers

31/2 oz. ground turkey 1 slice onion, chopped fine 1/2 tsp. garlic powder

1 tsp. lite soy sauce

Dash salt and pepper to taste

Mix all ingredients together and form patty. Saute bu er until well done. You can even add mustard andchee to taste. Serves 1. Increase for a great outdoors party.

You can even make great tasting desserts that are low i carbohydrates. Here's one that you'll serve with pride:

Peach Cobbler Without Guilt

1 cup peaches in unsweetened juice

1/4 tsp. cinnamon

1/4 tsp. cloves

1/4 tsp. ginger

Liquid sweetener to taste

Mix all ingredients together. Broil until light brown (but not too much!) Note: The longer peaches marinate in spices, the better they get! (Great in oatmeal.)

Note. The primary ingredients in all our formulas are natural and drug feet. No drug claums are made or implied in any of our materials or announcements. Our graduats are not interded to chaquing as a real condition. As always your own health care provider is your best source of medical advice.

Serotril Accelerator

-from Serotril Sciences International, Canada

Give Weight-Loss a giant "Kick Start"

SUMMER, 1998 -- Serotril Sciences International is proud to announce the release of the newest natural wellness formula, **Serotril Accelerator.** Used in conjunction with Serotril A and Serotril B, Serotril ACCELERATOR rounds out the science of wellness and intelligent weight-loss. Just take one before each main meal and suddenly proper nutritional intake can become considerably easier - without annoying hunger!

International research from respected scientists and doctors contributed to this breakthrough. First a study at the Department of Health Sciences, University of Mexico by Drs. Ramos, Saenz and Aguilar introduced the world to Garcinia Cambogia (GC) as

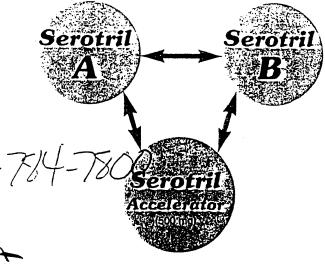
beneficial for weight-loss. Later at the Experimental Biology Symposium in San Francisco, CA (April 18-22, 1998) more evidence was presented that actually showed fat disposition was inhibited and energy was increased with GC. Consistent with the university study, Theoretical Ideal Weight was easier to reach by participants taking Garcinia Cambogia (Serotril Accelerator ingredient).

We followed all this closely at Serotril Sciences International and now you can experience the benefits of pharmaceutical grade Garcinia Cambogia as part of the Serotril System. Just take one Accelerator before each main meal and feel the difference. If you haven't yet ordered please use the form below.

Take One **Serotril Accelerator** 30 Minutes
to 1 Hour Before Meals
With A Full Glass of Water
or Juice.

Follow regular instructions for Serotril A and Serotril B.

Exp. Date



125A-130 Denman Street, Suite 100 Vancouver, B.C. V6G 2M6, Canada

Please rush me the following quantity of new Serotril Accelerator	OR to be used along with my Serotril System:	_
☐ 30-Day Supply (60 Caplets) \$24 ☐ 60-Day Supply (120 Caplets)	aplets) \$42 🛛 90-Day Supply (180 Caplets) \$60)
☐ Check ☐ MO ☐ Charge For Fastest Delivery Cal	E #800 984-4625	
☐ Check ☐ MO ☐ Charge For Fast(est Felitter) Cal ☐ Ms ☐ Mr. ☐ Dr. Goll-Free 24-Hours A Day)	(Ordering Only)	
Name	Amount From Above \$	_
Address	Total S/H 4.00	_
Apt #/Co	Priority S/H add \$3.00	
CityStateZip	TOTAL PURCHASE	_
Home Telephone ()	Affix 2 regular 32c stamps to an envelope. Mail Form & pmt:	=
Credit Card Number: UVisa UMasterCard UAmerican Express	Serotril Sciences, International	

Customer Service Telephone: 1- 800 261-4300 (9am-5pm PST)

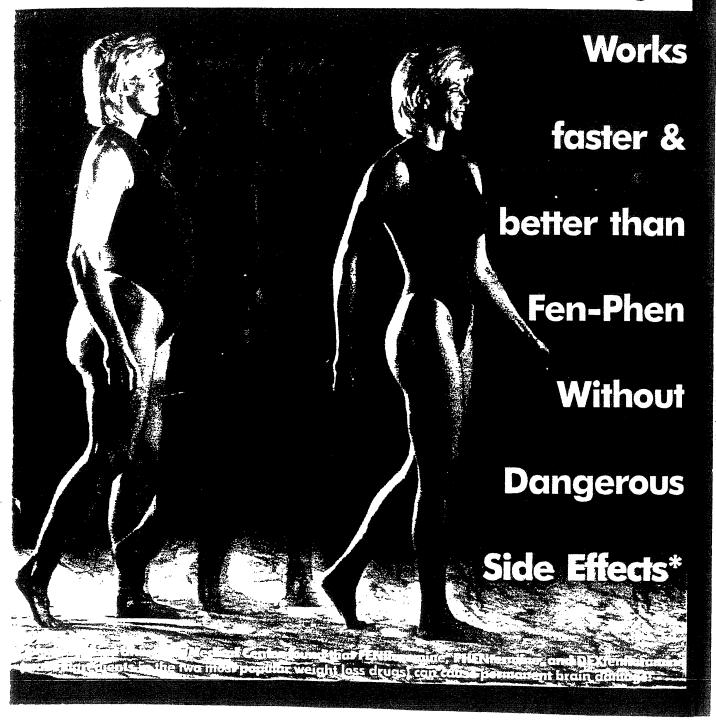
Note: The primary ingredients in all our formulas are natural and all are drug free! No drug claims are inside or implied in any of our materials or announcements. Our products are not attended to diagnosis or treat any medical condition. As always your ewe health care provider is your best source of medical advice.

Output

European Diet Doctor Discovers

Tiny Plant Molecule Lauses Safe, Spontaneous Weight Loss

Finally, Rapid Weight Loss Without Dieting!





fast it worked!
I've lost 32
pounds so far
and feel great!

- Janet Westholmes



My family & friends were shocked when they saw me at our annual

reunion. I'm 28 lbs. lighter and full of energy! -Beth S.



I'm 68 years old. Serotril got rid of the weight that was making me slow and

tired. I actually feel younger! - B. Lance

Serotril Sciences, Intl.
125A-1030 Denman St., Suite 100

Vancouver, B.C., V6G 2M6

Canada

New Natural Super Pill Just Released

Available Without Prescription



miracie. I never knew a little pill could do so much. I went from a size 16 to a

loose size 8. Wow! -Annie



I'm so glad I read your article about **Serotril.** I'm now loaded

with energy like a teenager! -Sara D.



My doctor asked me to bring him your article so he could try

Serotril

himself. You've really got something here! -Nancy Y., New York

Drug Companies Try
To Hide New Super Pill
(See Shocking Story Inside)

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