



# The Trilogy Tribune

DEDICATED TO THE HEALTH AND WELL BEING OF PEOPLE, PETS AND THE PLANET

Issue 2

## Fishing for Answers

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Dr. Barry Sears' latest book, OmegaRx Zone *The Miracle of the New High Dose Fish Oil*, helped increase our awareness of the health benefits derived from the long-chain omega-3 fatty acids found in fish oil.

Actually, the health benefits of fish oil have not gone completely unnoticed. Scientists found the Eskimos of Greenland suffered very little from coronary heart disease despite a diet very high in fat. The primary source of fat in their diet came from sea mammals, which contained high amounts of long-chain omega-3 fatty acids.

Just recently, the American Heart Association recommended healthy people eat omega-3 fatty acids from fish and plant sources to protect their hearts.

The role of long-chain omega-3 fatty acids in the body and mind has been widely studied. The body of

knowledge consists of thousands of scientific studies, including hundreds of clinical studies on Omega-3 fatty acids.

*So fish oil is good for us, but how does it work?*

Promoting and maintaining a state of wellness requires a dynamic balance of hormones known as eicosanoids. These are powerful cell regulators that help maintain virtually all body functions including the brain, the heart and the immune system. Daily supplementation with fish oils rich in the long-chain omega-3 essential fatty acids, EPA and DHA, is critical for maintaining optimal eicosanoid balance throughout the body.

*Is the purity of fish oil important?*

Purity is important because fish oil is derived from the fish swimming in our oceans and unfortunately our oceans are polluted. So although an "old standby" like cod liver oil



OmegaRx™ Pharmaceutical Grade Fish Oil

has its health benefits, it may not be safe at high doses due to the elevated levels of contaminants such as organic mercury, PCB's and DDT.

OmegaRx™ Pharmaceutical Grade Fish is ultra pure. It starts with the highest health food grade fish oil and then goes through many painstaking refining processes. OmegaRx™ is so pure and refined, it contains hundreds of times less PCB's than many health food grade fish oils. Plus, it has twice the EPA and DHA (substances necessary to affect your eicosanoid balance) as found in health-food grade fish oils. So next time you go to the health food store, keep in mind that when it comes to fish oil, you get what you pay for!

## Food for Thought

- The contaminants in our rivers, lakes and oceans around the world include mercury, lead, nickel, cadmium, PCB's, DDT and tin.
- In 1992, the EPA said 22 U.S. States had advisories warning against consumption of fish from coastal waters.
- Some contaminants in fish are called endocrine disruptors because they have the potential to interfere with the normal functioning of a living organism.
- Mercury is poisonous to the human body. Excessive exposure can lead to tremors, loss of sensation in extremities and vision and hearing loss.
- High levels of PCB's (polychlorinated biphenyls) are often cited in Public Health Advisories. The North Carolina Public Health organization advises women of child bearing age from 15-44, pregnant and nursing women and children under 15 years to refrain from eating shark, swordfish, tile fish, king mackerel or black fish.

## Questions and Answers

### How many grams of long-chain Omega-3 fatty acids are found in a single capsule of OmegaRx™?

Each OmegaRx™ capsule contains 600 mg. of long-chain omega-3 fatty acids. This is double the amount found in health-food grade fish oil capsules. Four OmegaRx™ capsules would supply 2.4 grams of long-chain omega-3 fatty acids, which is similar to that found in one tablespoon of cod liver oil.

### How many grams of long-chain Omega-3 fatty acids are in a teaspoon of OmegaRx™?

One teaspoon of liquid OmegaRx™ contains 2.7 grams of long-chain omega-3 fatty acids. This is slightly more than one tablespoon of cod liver oil. This is equivalent to taking nine (9) capsules of typical health-food grade fish oil. Each teaspoon of OmegaRx™ contains 1800 mg. (1.8 g) of EPA and 900 mg. (0.9 g) of DHA.

### Why this particular ratio of EPA and DHA?

The 2:1 ratio of EPA and DHA in OmegaRx™ is virtually the same as that used in all scientific studies conducted with pharmaceutical-grade fish oil reporting health benefits.

### How much OmegaRx™ should I take?

A good maintenance dose is 2.5 grams of long-chain omega-3 fatty acids each day. This dosage represents either four OmegaRx™ capsules or one teaspoon of the liquid OmegaRx™. This

is the amount found in a tablespoon of cod liver oil. Individuals who will use the liquid OmegaRx™ are those who require higher amounts of long-chain omega-3 fatty acids or find taking the liquid easier than taking large numbers of capsules.

### Why is OmegaRx™ the best value?

To manufacture pharmaceutical grade fish oil requires extensive purification. In fact, it takes 100 gallons of health-food grade fish oil to make one gallon of pharmaceutical-grade fish oil. Only pharmaceutical-grade material makes high-dose supplementation possible due to lack of toxins and gastric distress common with other fish oils at recommended dose levels.

### What makes fish oil pharmaceutical-grade?

According to Dr. Sears, pharmaceutical-grade fish oil has some very distinct characteristics: The concentration of EPA and DHA must be more than 60%; the concentration of PCB's must be less than 1 ppt (part per trillion); the concentration of Dioxins must be less than 0.1 ppt and the concentration of Mercury must be less than 1 ppb (parts per billion).

### How should I store the OmegaRx™ capsules?

Soft gelatin capsules are best stored between 59 and 75 degrees in a dry, dark container. This is why each container contains an absorbent to maintain a defined degree of humidity. The shelf life of the capsules

is two years under these conditions.

### How should I store the OmegaRx™ oil?

After opening the liquid OmegaRx™, carefully remove the plug, and then discard it. Put the bottle in the freezer to maintain its potency. Always shake the container well before using to better disperse the flavor. The liquid OmegaRx™ has a one-year shelf life under these conditions.

### What does liquid OmegaRx™ taste like?

Liquid OmegaRx™ has remarkably little taste or odor, especially when kept in the freezer. However, here are some additional tips to improve taste:

Eat a small piece of citrus fruit (lime, lemon, or orange) with the oil. The citrus flavor will mask any residual taste. Have a sip of a cup of decaffeinated coffee with OmegaRx™.

Make a Big Brain Shake with 2 cups of berries, 30 grams of protein powder and 1-3 teaspoons of OmegaRx™. The protein powder will emulsify the oil plus you instantly create a Zone meal that includes your daily supplementation with OmegaRx™ oil.

Take 1/2 a serving of an OmegaZone™ Lemon Chiffon meal replacement bar, then take your Omega Rx™ and eat the remainder of the OmegaZone™. This will completely eliminate any taste. By doing so, you have a very quick Zone meal with your daily dose of Omega Rx™ fish oil. This is the ideal way to start the day.

# Healthy Products for People

Product	Size	Retail Price	Autoship Price	Item #	Description
<b>OmegaRx™ Pharmaceutical Grade Fish Oil</b>	8 fl. Oz. Bottle = 45 teaspoons	\$78.15	\$62.50	600000	Pharmaceutical Grade Fish Oil Can Change Your Life! OmegaRx™ Pharmaceutical-Grade Fish Oil has a high concentration of long-chain Omega-3 fatty acids and it is highly refined and pure. It contains 1,000 times less PCB's than most health food grade fish oil; less than 1 part per trillion.
<b>OmegaRx™ Pharmaceutical Grade Fish Oil</b>	120 capsules in a bottle = 30 servings of 4 caps/day	\$50.00	\$40.00	600010	
<b>OmegaZone™ Nutrition Bars Peanut Butter</b>	14 bars to a box.	\$35.00	\$28.00	602000	OmegaZone™ Nutritional Bars are the only nutritional bars that have a U.S. Patent because of their ability to control blood sugar. Bars sold in the mass market or in health food stores may have a 40/30/30 carbohydrate, protein and fat composition, but the ingredients do not stabilize either insulin and blood sugar.
<b>OmegaZone™ Nutrition Bars Chocolate</b>	14 bars to a box.	\$35.00	\$28.00	602010	
<b>OmegaZone™ Nutrition Bars Lemon Chiffon</b>	14 bars to a box.	\$35.00	\$28.00	602020	
<b>ZoneFx™ Facial Moisturizer</b>	1.7 oz. bottle	\$60.00	\$40.00	605100	Helps protect the epidermal Zone of your skin. Strengthens the structure and stability of the hydrophobic barrier and helps maintain moisture balance to protect the hydrophobic barrier from the external environment and prevent dry skin.
<b>ZoneFx™ Facial Repair</b>	1.7 oz. bottle	\$60.00	\$40.00	605110	Helps target the epidermal Zone of your skin. It gently penetrates the skin's natural hydrophobic barrier and exfoliates dead skin cells within the epidermis. Start each day with Facial Repair to immediately restore the skin's paper-thin hydrophobic barrier.
<b>ZoneFx™ Cellular Serum</b>	30 gel caps	\$75.00	\$48.00	605120	Helps replenish the dermal Zone of your skin. Fill the natural reservoirs of the skin with Cellular Serum, the world's most concentrated source of Hydrophobic GLA. Transforms tired skin into more youthful skin.
<b>ZoneFx™ Skin Care Kit</b>	All Three ZoneFx Skin Care Products	\$195.00	\$97.00	605200	The Zone Skin Care Kit contains three products: the Facial Repair (your first line of defense in the war on aging), the Cellular Serum (your most powerful anti-aging weapon) and Facial Moisturizer (your daily defense against a hostile world). THE RETAIL PRICE IS \$195.00. SPECIAL OFFER PRICE IS JUST \$97.00. SAVE AN INCREDIBLE 50% OFF.





## No-mmonia!

In the beginning of the twentieth century, the Nobel Prize winning chemical known as ammonia became as revolutionary to the chemical industry as Dr. Barry Sears' Zone Diet is to our ideas of proper nutrition today. Ammonia has a plethora of uses. It is the active chemical in smelling salts, the compound that can revive the "faint of heart." It is also used in fertilizers, explosives, refrigeration, household cleaners and

assists in the dyeing of cotton, silk and other fabrics. However, more than a sniff of this toxic chemical can make one very ill indeed. Ammonia in strong concentrations (such as commercial products) can cause burns and irritations to the skin, eyes and lungs. Though the ammonia we commonly use in our households for glass and all-purpose cleaners comes in much lower concentrations due to being diluted, they

can still cause serious eye, lung and skin irritation, *and* it's bad for the environment. **Microbest Glass & Surface Cleaner** is a highly effective non-toxic cleaner. It not only outperforms the major brands of glass cleaners on the market today, it costs less! This terrific cleaner contains **NO AMMONIA** so it's a more natural alternative to harsh cleaners. And here's the great part, it doesn't streak.

## Questions and Answers

### How do I use the Glass & Surface cleaner?

Just spray and wipe, but with Microbest® you don't have to keep wiping until it's dry. Because this terrific glass cleaner contains NO AMMONIA, you can leave the glass a little wet and it will dry with no streaks.

### What types of surfaces can I use the Glass & Surface cleaner on?

Microbest® Glass & Surface Cleaner is excellent for greasy, streaky windows, tables and counter tops, appliances, bathroom porcelain and mirrors, stainless steel and wall tile, and it's even safe for use on eye glasses.

### Can I use the Microbest® Degreaser on a rug stain?

Sure, just make sure you test it on a small section of rug that is not noticeable first. The degreaser makes a great laundry spot remover, too. Just spray on a spot, let soak and wash as usual.

## Testimonials

Dear Trilogy:

I have my own business cleaning offices, so it's important that I do a great job and work as efficiently as possible. I started using Microbest products about a year ago and I am so pleased with the results. First, the glass cleaner saves

me a ton of time because I don't have to worry about getting all the moisture off the glass. I just spray a nice amount on and quickly wipe. I'm done and there's no streaks.

I also want to compliment you on the Floorwash. I clean many a tile floor in a week's time and I cannot tell

you how easy it is for me now. I mix up a batch of Microbest Floorwash and mop a good amount on the floor then wait a few minutes and mop back up. I can't believe how clean the tile and the grout come. I've gotten many compliments from my clients as a result of these great products. Thanks!  
M.L.

## Healthy Products for the Planet

Product	Size	Retail Price	Autoship Price	Item #	Description
<b>Home Cleaning Kit</b>	Makes a total of six 32 oz. bottles	\$47.95	\$39.95	510000	Glass & Surface Cleaner System ( <i>makes two 32 oz. bottles</i> ), Degreaser System ( <i>makes two 32 oz. bottles</i> ), BioDeodorizer with Sprayer (32 oz.) & Floorwash System ( <i>makes 32 gallons of Floorwash</i> ).
<b>Glass &amp; Surface Cleaner System</b>	Make three 32 oz. bottles	\$11.95	\$9.90	510005	Three Glass & Surface Concentrate Foil Packs ( <i>makes three 32 fl. oz. bottles</i> ) plus Bottle & Sprayer
<b>Glass &amp; Surface Cleaner Refill Pack</b>	Make three 32 oz. bottles	\$8.25	\$6.95	510010	Three Glass & Surface Concentrate Foil Packs ( <i>makes three 32 fl. oz. bottles</i> )
<b>Glass &amp; Surface Cleaner Bottle with Sprayer</b>	Bottle & sprayer	\$3.50	\$2.95	510015	One Glass & Surface Bottle (empty) with Sprayer
<b>Degreaser System</b>	Make three 32 oz. bottles	\$12.95	\$10.90	510020	Three Degreaser Concentrate Foil Packs ( <i>makes three 32 fl. oz. bottles</i> ) plus Bottle & Sprayer
<b>Degreaser System Refill Pack</b>	Make three 32 oz. bottles	\$9.50	\$7.95	510025	Three Degreaser Concentrate Foil Packs ( <i>makes three 32 fl. oz. bottles</i> )
<b>Degreaser System Bottle with Sprayer</b>	Bottle & sprayer	\$3.50	\$2.95	510030	One Degreaser Bottle (empty) with Sprayer
<b>BioDeodorizer with Sprayer</b>	One 32 oz. bottle	\$14.25	\$11.95	510035	One 32 Fl. Oz. Bottle with Sprayer
<b>BioDeodorizer Refill</b>	Makes one 32 oz. bottle	\$11.95	\$9.95	510040	One 32 Fl. Oz. Bottle No Sprayer
<b>Floorwash System</b>	Makes two 32 oz. bottles	\$25.95	\$21.95	510045	Part A - One 32 fl. oz. Bottle of Cleanser Part B - One 32 fl. oz. Bottle of Bio-Digester ( <i>makes 32 gallons of Floorwash</i> )
<b>Floorwash System Refills</b>	Makes two 32 oz. bottles	\$19.95	\$16.95	510050	Part A - One 12 fl. oz. Bottle of Cleanser Concentrate Part B - One 12 fl. oz. Bottle of Bio-Digester Concentrate ( <i>makes 32 gallons of Floorwash</i> ).



## It's Our Treat

On the surface, giving treats can be considered great fun for our pets and us. After all, treats are one of the best ways to test our pets' athletic prowess, after turning the ceiling fans off of course! However, there is much more to giving treats than just oohing and aaaahing at how high our pets can jump. Treats are an ingenious way to emotionally bond with our animals and give them a sense of stability all the while slipping something healthy into their bodies without them even knowing it!

### **Treating them Well ...**

Much like us, pets are sensual beings. They are sensitive to the way things smell, look, taste, sound and feel. Humans and pets have an inherent bond in that we all understand the nature of like and dislike. Because we have this in common with our pets, we as humans have an intrinsic tendency to establish emotional bonds with our pets through the senses. Finding a treat that our pets enjoy is a great way to show our pets that we love them and genuinely care about their yearnings as much as we care about our own. And remember that treat giving should come packaged with full-fledged petting wrestling, and kissing, which further strengthens the emotional bond. And they will profusely express their love in return! Just remember to wipe your face!

### **Routine Treatment ...**

Treats can also be used to maintain a sense of normalcy in the lives of our

pets, especially for cats because they tend to be very habitual creatures. Life throws us many curve balls filled with turmoil and heartache and when our pets are in tuned with our emotional state, these things can affect them as greatly as they affect us. If there is a divorce, relocation, death or a new addition to the family, we can't sit down and explain it to our pets the way we can explain it to our children. To help buffer such unexpected changes, we can give our pets yummy treats at the same time of the day and/or the same place in the house to give them a sense of order and routine in a world of disorder and chaos.

Treats shouldn't just be a bag of bone-shaped, vacant calories, but unfortunately often that's often the case. What's worse, there are many treats on the market packed with chemical dyes, artificial preservatives, artificial coloring, yuk! Sure treats should taste great, but they should also have a healthy purpose. We at HealthyPetNet are devoted to providing treats for cats and dogs that are delicious yet have a tangible purpose.

HealthyPetNet's Gourmet Dental Treats for Dogs are delicious peanut butter treats formulated to promote healthy teeth, gums and fresh breath. These treats contain *Microdent*, a patented plaque-fighting ingredient used in oral hygiene ingredients like baby's oral gel. It also contains *calcium and phosphorus*, essential



Purr-fectly Natural™ Gourmet Cat Treats (Hairball Formula) and Gourmet Dental Treats for Dogs

minerals in promoting strong teeth and bones and *parsley*, a high-chlorophyll herb with natural breath-freshening attributes. But that's not all, Gourmet Dental treats contain rolled oats, honey, brown rice, flax meal, peanut butter and other wholesome ingredients. Of course, Gourmet Dental treats contain no artificial colors, preservatives, corn or wheat. You can feel good about treating your dog to Gourmet Dental Treats.

Our Purr-fectly Natural Gourmet Cat Treats (Hairball Formula) are delicious treats formulated to improve coat health so less hair is swallowed during grooming. It also supports a healthy digestive system for efficient and effective functioning. Since cats spend one-third of their waking hours grooming, this is very important because hair is difficult to digest. When swallowed it compacts with undigested food in the intestines and can result in vomiting after meals, dry coughs, constipation or diarrhea, and poor appetite among many other symptoms.

So let's get out there and *treat* our pets the way they deserve to be treated!

### Healthy Solutions & Nutritional Supplements

Product	Size	Retail Price	Autoship Price	Item #	Description
Agility for Dogs & Cats	60 chewable tablets	\$39.95	\$31.95	#101011	Vitamin, mineral & herbal formula -supports bones & joints
Skin & Coat Formula for Dogs & Cats	60 chewable tablets	\$29.95	\$22.95	#102001	Optimal skin & coat health with microencapsulated Omega 3 Fatty Acids
Advanced Daily Supplement for Dogs	60 chewable tablets	\$23.95	17.95	#102012	Advanced Daily Supplements - cutting-edge formulas with unique health-promoting ingredients. Contains a broad spectrum of vitamins, minerals and plant nutrients. An array of proteins and high levels of antioxidants.
Advanced Daily Supplement for Dogs	30 chewable tablets	\$12.95	\$9.95	#102017	
Advanced Daily Supplement for Cats	360 chewable tablets	\$17.95	\$13.95	#103012	

### Healthy Treats for Dogs and Cats

Gourmet Dental Treats for Dogs	14 oz. Bag	\$10.95	\$8.95	#410014	Triple action formula promotes, healthy teeth, gums & fresh breath – delicious!
Gourmet Dental Treats for Dogs	28 oz. bag	\$19.95	\$16.50	#410028	
Antioxidant Health Bars for Dogs	14 oz. Bag	\$10.95	\$8.95	#410114	Treat your dog to better health naturally with 70+ antioxidants – delicious
Antioxidant Health Bars for Dogs	24 oz. bag	\$16.95	\$13.95	#410124	
Gourmet Porky Puffs	5 in a bag	\$8.95	\$7.29	#420006	All natural, pork snout dog chews - fully digestible chews – hickory smoked
Edible Dog Bones – Sm to Med Dogs	4 in a bag	\$11.25	\$8.95	#420024	Delicious, all natural, fully digestible chew treats – bacon flavor
Edible Dog Bones – Med to Lg Dogs	4 in a bag	\$12.49	\$9.95	#420032	
Purr-fectly Natural™ Gourmet Cat Treats	4 oz. bag	\$8.95	\$6.95	#405404	Improves coat health & supports digestion
Oven Baked Cookies for Horses	24 oz. cont.	\$21.95	\$17.95	#500024	Delicious & nutritious – great for a glowing coat and overall health

### Premium Health Food for Dogs and Cats

Life's Abundance Premium Health Food for Dogs	8 lb. bag	\$13.95	\$11.59	#401008	Life's Abundance Premium Health Foods for Dogs & Cats contain all natural, premium ingredients with powerful antioxidants, probiotics, Omega 3 fatty acids & more. NO by-products, NO corn, wheat, dairy, NO artificial flavors or chemical preservatives
Life's Abundance Premium Health Food for Dogs	20 lb. bag	\$27.95	\$24.49	#401020	
Life's Abundance Premium Health Food for Dogs	40 lb. bag	\$52.95	\$46.95	#401041	
Life's Abundance Premium Health Food for Cats	6.6 lb. bag	\$14.95	\$12.69	#405006	
Life's Abundance Premium Health Food for Cats	16.5 lb. bag	\$34.95	\$29.49	#405016	
Canine Zone Weight Loss Food for Dogs	6.6 lb. bag	\$15.50	\$12.95	#401106	Revolutionary new food based on Dr. Barry Sears' Zone Diet. Helps dogs lose weight - nutrient rich formula
Canine Zone Weight Loss Food for Dogs	17.6 lb. Bag	\$34.50	\$29.95	#401117	
Canine Zone Weight Loss Food for Dogs	35.3 lb. bag	\$64.95	\$56.95	#401135	

### Daily Nutritional Systems

Life's Abundance Daily Nutritional System for Dogs – Small	8 lb. bag & 1 sm bottle	\$26.90	\$20.90	#410408	Life's Abundance® Premium Health Foods for Dogs & Cats and Canine Zone™ Weight Loss Food for Dogs both provide a solid daily nutritional foundation. Once a good foundation is established, a daily supplement is required because <b>every pet has unique nutritional needs</b> . For example, huskies often need more zinc than other breeds and long hair cats often need more biotin than other cats. Advanced Daily Supplement with Phytonutrient Power provides the additional nutrient to support the optimum health of your precious dog or cat.
Life's Abundance Daily Nutritional System for Dogs – Large	20 lb. bag & 1 lg bottle	\$51.90	\$40.90	#401420	
Life's Abundance Daily Nutritional System for Dogs – Extra Large	40 lb. bag & 2 lg bottles	\$99.95	\$79.95	#401440	
Life's Abundance Daily Nutritional System for Cats – Small	6.6 lb. bag & 1 bottle	\$32.90	\$25.90	#405306	
Life's Abundance Daily Nutritional System for Cats – Large	16.5 lb. bag & 2 bottles	\$70.85	\$55.85	#405316	
Canine Zone Daily Nutritional System for Dogs – Small	6.6 lb. bag & 1 sm Bottle	\$28.45	\$22.25	#401406	
Canine Zone Daily Nutritional System for Dogs – Large	17.6 lb. bag & 1 lg Bottle	\$58.45	\$45.95	#401417	
Canine Zone Daily Nutritional System for Dogs – Extra Large	35.3 lb. bag & 2 lg bottles	\$112.85	\$89.50	#401435	

## The Trilogy Autoship Program

### **What is Autoship?**

Autoship is our **FREE** Automatic Shipment Program ... we ship products right to your door automatically! On Autoship, you can get shipments from every 14 days to every 90 days or anywhere in between. Or you can get shipments on the same day of each month (between the 1st and 28th). Autoship is absolutely risk free and it can be cancelled at any time. But that's not all ... customers that are on Autoship can get **ALL their products for wholesale prices!** Contact your Field Representative to go on

Autoship and you'll never have to worry about running out of Trilogy products again!

### **When will my Autoship order arrive?**

If you give us your e-mail address, a notification will be sent to you with your tracking information. This will enable you to track your shipment through the UPS web site. The number of days required to ship your order from the HPN warehouse to your home depends on your individual location.

### ***If I change my Autoship order for the next month, will it revert back to my original order on the following shipment?***

No. Once an Autoship order has been changed, that order becomes your standard Autoship shipment.

### ***How do I change my Autoship?***

To change your autoship, you can call customer service toll free at 1-877-387-4564 from Monday through Friday from 8:00 AM to 7:00 PM Eastern Time or you can email your Autoship changes to [support@healthypetnet.com](mailto:support@healthypetnet.com)

**Trilogy ... people, planet and pets, where Mother Nature and modern science come together to provide safe and effective products for the health and well being of people, our pets and the planet in which we live.**

For more information about this newsletter or Trilogy products, contact:

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