



The Trilogy Tribune

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

Issue 4

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Popeye' First Love ... Olive Oil

When it comes to cooking and making salad dressing, olive oil has been the preferred choice of many health-conscious chefs as well as families. Olive oil has even mysteriously found its way into the pantries of people who are not so health conscious. Not only is its taste wonderfully distinct, but unlike other vegetable oils and butters, olive oil is a monounsaturated fat that does not increase levels of cholesterol and triglycerides. In addition to that, little do people know that olive oil is rich in antioxidants such as squalene and polyphenols, which are not found in any other oil.

And why are antioxidants important?

Antioxidants are great helpers to the human body in its daily battle for self-preservation. Antioxidants protect the cells to help prevent the natural process of *oxidation*, which is caused by the damaging by-products in oxygen called *free radicals*. Free radicals wage war on the body by destroying DNA, proteins, enzymes and cells. As a result, they tend to contribute significantly to health concerns. Antioxidants combat the presence of free

radicals in the body.

Antioxidants also help eliminate potentially harmful compounds, thus promoting a healthy body. Though there are many antioxidant vitamin supplements on the market, the American Heart Association does not recommend using individual antioxidants until they have conducted further research and obtain more information. However, there are many foods rich in antioxidants from all of the five food groups ... from onions and cantaloupes, to breads, low fat milk, lean meat and fish. The richest source of antioxidants comes from fruits and vegetables rich in color like pumpkins, broccoli, spinach, sweet potato and tomato.

Introducing Dr. Sears' Imported Extra Virgin Olive Oil ... Organic and High in Antioxidants

So not only does olive oil taste yummy, but we have learned that it is also rich in antioxidants, which help preserve our happy, healthy, youthful selves. Dr. Barry Sears, who has devoted his career to human health, has taken olive oil a step further by providing his own Extra



Virgin Olive Oil, which is the finest grade of oil made from organically grown olives imported from the select regions on Umbria and Sicily. What is so special about these particular regions is the very nature of the soil and not to mention the wonderful environmental conditions such as mild weather and limited sun exposure, which helps to decrease oxidation and contribute to the maximum levels of antioxidants in the olives. After the oil is produced, it is then packaged under nitrogen to preserve the rich quality of the oil. These organically grown olives contain no pesticides or chemicals. Straight from Italy to your dinner table!

Questions and Answers

I have an antioxidant supplement that I take every day. I have been reading that it is better to get your antioxidants from foods rather than a bottle of pills. Does Dr. Sears' Olive Oil really have antioxidants? Can I use that instead of those vitamins?

Dr. Sears' Extra Virgin Olive Oil is tested so that you can be certain that it is supplying you with antioxidants. Based on this content, Dr. Sears feels that people should take one teaspoon daily. Whether you put it on salad, potatoes or mixed with your daily health drink, it is a delicious source of antioxidants.

I am in the health care industry. As you know, squalene is an antioxidant that is getting much attention lately. I thought that it was only found in fish liver?

It is also found in olive oil. It is such an important antioxidant that squalene is one of the standardized antioxidants in the Dr. Sears' Extra Virgin Olive Oil.

I am sensitive (somewhat allergic) to milk products. Will the ingredient



"calcium caseinate" in the OmegaZone Bars cause a problem for me? I read that casein, like lactose, can cause problems for some people. Thank you.

Many of the allergies from milk come from lactose. Although the calcium caseinate is a milk protein, it comes from lactose-free milk in order to reduce potential allergenic responses. We have little, if any, complaints about these products. Since casein is a protein, there is always a risk of allergy.

In regards to the sugar content in the Omega Zone Bars, does it have impact on insulin levels?

The OmegaZone bars are the only bars that are patented to reduce insulin

levels. This is because of the inherent drug delivery technology in the bars that controls the rates of entry of the carbohydrates, protein and fat into the body. The end result is a stabilization of blood sugar levels. The easiest way to test this is to eat only an OmegaZone bar upon waking and see how hungry you are after four hours. Your lack of hunger at the four-hour time point is verification of the stabilization of insulin and blood sugar levels.



Why is OmegaRx™ Pharmaceutical Fish Oil 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 this superior grade material makes high-dose supplementation possible due to lack of toxins and gastric distress common with other fish oils at recommended dose levels.

Healthy Products for People

Product	Size	Retail	Autoship	Item #	Description
OmegaRx™ Pharmaceutical Grade Fish Oil	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 100s times less PCB's than most health food grade fish oil; less than 1 part per trillion.
OmegaRx™ Pharmaceutical Grade Fish Oil	120 capsules in a bottle = 30 servings of 4 caps/day	\$50.00	\$40.00	600010	
OmegaZone™ Nutrition Bars Peanut Butter	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 or blood sugar.
OmegaZone™ Nutrition Bars Chocolate	14 bars to a box.	\$35.00	\$28.00	602010	
OmegaZone™ Nutrition Bars Lemon Chiffon	14 bars to a box.	\$35.00	\$28.00	602020	
ZoneFx™ Facial Moisturizer	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.
ZoneFx™ Facial Repair	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.
ZoneFx™ Cellular Serum	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 looking skin.
ZoneFx™ Skin Care Kit	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.



Use Microbest Degreaser – It's the Law!

The earth has suffered from our hands more in the last century than in our entire tenure here as human beings. Now is the time to start finding ways to nurture our planet so that it may continue to nurture us. This has everything to do with the kind of cars we drive, how stringently we recycle and what cleaning products we use. We at Trilogy have dedicated our cleaning line to the preservation of our environment, from the actual product formulation to the packaging. For example, the Degreaser and Glass Cleaner refills come in concentrated packets to decrease the amount of plastic and throw-away packaging used.

Under Executive Order 13148, the US Navy adopted a proactive position towards protecting the environment and complying with environmental laws and regulations. They have instituted a program to prevent pollution by reducing the volume of toxicity in water, air emissions and sewage discharges. The 1999 testing of Microbest Degreaser proved that this bio-based degreaser removed more dirt and grease on the floor of an auto skills center than the environmentally-abrasive product they were currently using. Not only that, but the degreaser removed old grease stains that the current detergent failed to remove! Trilogy's Microbest



Degreaser is a non-toxic liquid cleanser that digests grease and organics. It contains no harsh chemicals and has an array of uses. It can be used in kitchens, bathrooms, carpets (for spot cleaning), boats, kennels, catteries and of course auto shops! Our degreaser is the perfect synergy of chemistry and biology. It emulsifies oil and grease by breaking the soil into smaller particles for easy clean up.

Questions and Answers

Can you tell me a little bit about typical all-purpose cleaners you see on the shelves today. I know that many may be harmful. What kind of ingredients are in these products?

All-purpose cleaners have many different kind of ingredients like detergents, grease-cutting agents, solvents and disinfectants. Some of the hazardous chemicals in these cleaners include: ammonia, ethylene glycol monobutyl acetate, sodium hypochlorite and trisodium phosphate.

What is in many of the standard mold and mildew cleaners on the market today. I appreciate their ability to get rid of those terrible black spots on the shower curtain, but I don't appreciate the potential harmful ingredients.

Many times mold and mildew cleaners contain pesticide chemicals, such as, chlorine and alkyl ammonium chlorides. These pesticides are known as fungicides and they can be very caustic. This means they can be corrosive to objects and

harmful to humans. If you use these caustic products, be sure to wear latex gloves.

I use Microbest Degreaser in the garage and it works great. Now my wife wants to use it in the kitchen. Is this okay?

Sure. It works great on stovetops, range hoods and greasy spots on the floor.

Healthy Products for the Planet

Product	Size	Retail	Autoship	Item #	Description
Home Cleaning Kit	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>).
Glass & Surface Cleaner System	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
Glass & Surface Cleaner Refill Pack	Make three 32 oz. bottles	\$8.25	\$6.95	510010	Three Glass & Surface Concentrate Foil Packs (<i>makes three 32 fl. oz. bottles</i>)
Glass & Surface Cleaner Bottle with Sprayer	Bottle & sprayer	\$3.50	\$2.95	510015	One Glass & Surface Bottle (empty) with Sprayer
Degreaser System	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
Degreaser System Refill Pack	Make three 32 oz. bottles	\$9.50	\$7.95	510025	Three Degreaser Concentrate Foil Packs (<i>makes three 32 fl. oz. bottles</i>)
Degreaser System Bottle with Sprayer	Bottle & sprayer	\$3.50	\$2.95	510030	One Degreaser Bottle (empty) with Sprayer
BioDeodorizer with Sprayer	One 32 oz. bottle	\$14.25	\$11.95	510035	One 32 Fl. Oz. Bottle with Sprayer
BioDeodorizer Refill	Makes one 32 oz. bottle	\$11.95	\$9.95	510040	One 32 Fl. Oz. Bottle No Sprayer
Floorwash System	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>)
Floorwash System Refills	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>).



Why Take Supplements?

It's no mystery why we take supplements. The body is a complicated mechanism that fights every day to preserve its own well-being. Therefore, the body needs plenty of nutritional support that foods can't always adequately provide. Because of high starch content, bleaching and over processing, many foods don't contain enough minerals to adequately support the body. A deficiency of just one or more nutrients can leave the body vulnerable to disease.

Furthermore, we must acknowledge that we each have biochemical individuality, so our bodies require different things depending on our age, environment, activity level and genetic makeup. The same goes for our pets.

Every dog and cat is unique and requires specific increases in nutrients for many reasons. Also, our pets' demand for certain nutrients fluctuate. Vitamin B is great support to the body during stressful periods and additional zinc is a helpful nutrient for many breeds; such as, huskies. No matter how well a diet is formulated, there are always nutrients, which are not in the diet.

The body knows what it needs and it has its ways of communicating these things to us. It is up to us to pay attention to our animals' behavior as well as their appearance to make sure they're getting all the nutrients they need. For instance, is your cat sleeping more than usual these days? Or

does your dog have less of an appetite? Perhaps they need supplements. It doesn't hurt to try supplements to see how your pets respond to them. You may see a drastic change in their mannerisms or their appearance. When we give our pets supplements in conjunction with healthy well-balanced meals, their bodies intelligently draw what they need from the supplements and allocate them properly.

Rather than taking a specific vitamin or mineral in calculated amounts, herbs deliver many nutrients in various amounts to the parts of the body that require it. And what's so special about our Advanced Daily Supplements?

For Cats

Our cat supplement consists mostly of herbs and whole foods (or whole ingredients). Whole foods are widely understood as foods that are not man made, altered only in the actual manufacturing of the product but in no other way. Nothing is added and nothing is taken away. Whole foods contain many nutritional components and perform several functions to the body at large, as opposed to just one single targeted benefit. The body takes what it needs from whole foods and allocates it to whatever part needs it most. Whole foods can be anything from fruits and vegetables, to fish and nuts. This particular formula contains whole ingredients that include flax seed meal, fish meal,

chicken meal and plenty of medicinal plants, which all help to support the body and keep it in balance.

For Dogs

Our daily supplement is rather unique because among other things, it contains the rather unusual Ester C (Calcium Ascorbate), which is non-acidic, rich in calcium and other minerals and better absorbed than regular Vitamin C. It is usually not added to dog foods because it was once thought that dogs don't require C because they manufacture it in their liver. This way of thinking about dogs is archaic because we must now consider the way dogs' eating habits have evolved from years of domestication. Out in the wild, dogs ate prey that had intestines filled with grasses that contained C. Now at home, they eat the foods we give them and they occasionally take a bite out of the neighbor's lawn. Now, it seems as if dogs aren't getting enough C. Vitamin C, considered a vital antioxidant, supports the bone, teeth and gums, blood vessels and the immune system. Nutritionists consider it a "conditionally essential" nutrient, meaning that it is needed in higher amounts during certain times in the animal's life such as sickness, separation anxiety, stress from shows, visits to vets and confinement due to long distance trips.

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 every pet has unique nutritional needs . 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

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.

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