

*"Do you remember
how you looked and felt
20 years ago?"*

*Aging takes a toll on all of us—we lose muscle, we gain fat, we get tired more easily. Medical Doctors' Research formulated **Vital Factors®** to help supply your body with what you need to stay youthful and fit, and there's really nothing like it! The natural ingredients work within your body to help strengthen your defenses against aging.*

*Imagine waking up feeling better than you have in years, with a zest for life, feeling that you can accomplish anything! Well, that's exactly how I feel after taking **MDR Vital Factors®**."*

Pat Boone defies aging at 71... a loyal MDR customer for almost 20 years!

Pat Boone



These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Individual results vary.

For Best Results

Directions: Adults: 25 years of age or older. Dissolve 1 or 2 effervescent tablets in a 4 - 6 oz glass of fresh room temperature water (Do not use hot or cold water). Break tablets and drop in water. Stir tablets to dissolve completely. Drink immediately. Some ingredients, especially Lycopene and Lutein, may not completely dissolve in hard water, but they are beneficial antioxidants, important for your vision, heart, and overall health, so be sure to drink them all. For best results stay on the program for at least 3 months.

Take Vital Factors morning or night on an empty stomach (at least 1/2 hour before eating or 2 hours after your last meal of the day) Use 5 days. Skip 2 days and repeat cycle.

For best results, exercise after taking Vital Factors. Also, take MDR AM/PM Fitness Tabs® with meals for optimum nutrition. Call MDR to customize the program to your needs.

WARNING: Do not take this product or any nutritional product if you have liver, kidney, or gastrointestinal disease. Do not use this product if you are pregnant or nursing. If you are under a physician's care, seek your Doctor's approval before taking this, or any nutritional supplement.

KEEP OUT OF REACH OF CHILDREN

Delivered Like Clockwork...

If you are not already enjoying the benefits of our **Automatic Delivery Program**, call us and we'll be happy to enroll you. Every month or every other month (if you prefer to take just one tablet a day), our computerized shipping department will send your Vital Factors, right on time, just before your supply runs out. Your credit card will be automatically billed. No worries. No calls to make. Nothing to remember. Just uninterrupted nutritional support from Vital Factors. Call now to reorder or to enroll in our Automatic Delivery Program.



TO MAXIMIZE YOUR RESULTS

Call Us Toll-Free:

1 800 637-8227

MDR Fitness Corp.

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www.mdr.com

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Turn back the hands
of time with...

MDR® Vital Factors®

MDR Vital Factors®

with New "BioCell Protectors™"

Live Longer. Live Better.

There is no single element that can slow or reverse signs of aging. Rather, it takes a combination of factors: a healthy lifestyle and help from specific nutrients such as those found in Vital Factors. Together, they make up what we call MDR's 'age-defying protocol', a scientific, natural way to strengthen your body's defenses against aging.



Medical Doctors Research has developed a state-of-the-art formula to complement your healthy lifestyle—to help you take a stand against the effects of aging. Although not everyone on an 'age-defying' regimen can expect the same results, MDR Vital Factors® supplies nutrients that help support:

- **Energy Production**
- **Mental Function**
- **Immunity**
- **Healthy Skin & Nails**
- **Healthy Heart Function**
- **Vision**

plus so much more!

Vital Factors: The Result of Anti-Aging Research!

Scientists discovered that as we age, our metabolism slows down, we tire more easily, we lose muscle and gain fat, our skin's elasticity diminishes, and we are more susceptible to the aging effects of cell-damaging free radicals. Studies show increased antioxidant intake from supplements like those in Vital Factors can support your immune system and protect your heart, brain and vision.

Vital factors goes beyond vitamins. It's an advanced, scientific approach to rejuvenating your body on a cellular level, releasing youth factors, detoxifiers and antioxidants that signal every cell in your body to repair, renew and rebuild.

The Science of Vital Factors.

MDR Vital Factors' key component is its proprietary blend of amino acids, antioxidants and phytonutrients that address age-related changes. The formula also features special health promoters in Vital Factors' unique BioCell Protectors™ System. The System includes Soy Isoflavones to support healthy bones and heart; Antioxidants and Detoxifiers to protect cells; and a nutrient called Alpha GPC, a brain-function building block. It also contains MDR's patented Lotus Complex from a seed that can defy aging and live for 1,000 years due to its natural protein repair enzyme!



Helpful Hints for a Younger You!

Here are 4 important lifestyle changes you can make while taking Vital Factors, which will help you enjoy an active life, with fewer signs of aging.

- **Eat a Balanced Diet** - Reduce excess calories to control your weight. Increase your intake of antioxidant-rich fruits, vegetables and whole grains. Also, limit your intake of simple sugars. This will help you to stay energized, manage your weight, blood pressure and cholesterol.
- **Exercise** - Get at least 30 minutes of exercise per day for a minimum of 3 days a week. In many cases common signs of aging like stiff joints and fatigue may be overcome with exercise. Weight training can be very beneficial in many cases.
- **Manage Stress** - The release of hormones produced by stress can affect blood pressure, and limit the ability to control your weight. Practice stress-management techniques such as yoga, relaxation, or meditation to help maintain a youthful, resilient body.
- **Get a Good Night's Sleep** - Researchers discovered that as we age sleep is important to the production of essential youth factors vital to our health.