

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, prevent, or cure any disease.

### CONSUMER HEALTH ALERT

# These fresh-baked BROWNIES...



**...contain a secret superfood** that leaves broccoli, blueberries, flaxseed, soy and salmon in the dust!

**It's not the chocolate.** Keep reading for great news on how to help provide amazing support to your blood pressure, blood sugar, cholesterol balance, energy, skin, joints, digestion *and so much more...*

A special report from Allan Spreen, MD.



## ***Did Scientists Discover a PERFECT FOOD?***

Stunned researchers now say "YES." *In a gram to gram analysis, this amazing discovery packs awesome amounts of Omega 3 fatty acids, plus:*

- 4 times more calcium than whole milk...
- 12 times more magnesium than broccoli...

- **3 times more antioxidant power than fresh blueberries...**
- **More fiber than flaxseed...**
- **More protein than yogurt...**

**Imagine a food so perfect** that just a tiny bit every morning could transform your entire day. You simply stir a bit into your cereal or yogurt, and presto...

- **Suddenly, you've got more energy** throughout the day, which could mean you're sleeping better at night...
- **You've never been more regular**, as occasional constipation, bloating, gas and cramps simply disappear...
- **Weight-control could become more manageable**, as hunger pangs and cravings fade, and you feel amazingly satisfied...

## Then, as the weeks go by, imagine...

- **Your heart, arteries, blood pressure** and even your cholesterol are all healthier...
- **Your joints feel youthful...**
- **Friends say you're even *looking* younger** and compliment you on your skin...

And what if I told you this little wonder can transform *all kinds* of delicious foods? You can blend it into your breakfast shake, make mouthwatering dinners with it, bake cookies with it, and it makes *everything* more satisfying! Yes...

## IT EVEN MAKES BROWNIES TASTE MORE DELICIOUS

No, it's not chocolate. This "perfect food" blows chocolate (and every other contender) out of the water. Yet ironically, it's been sitting right under our noses for over 500 years -- and totally ignored until just recently.

It's a seed you've never heard of, yet the ancient Aztecs prized it more highly than gold. They fed it to their athletes, used it as medicine, even offered it to their gods...

## ***Ancient Aztecs believed it gave them supernatural ENERGY & POWER...***

And maybe it did, in a manner of speaking.

Spanish conquistadores named it *Salvia Hispanica L*, promptly forgot about it -- and that was that for the next five centuries. Well, so far it's just a colorful Aztec legend, right? But everything suddenly changed just recently, when scientists finally took an interest in what we know today as the chia seed...

## ***And when modern researchers ran tests, THEY SAW JUST HOW NUTRIENT-DENSE THIS LITTLE SEED IS...***

Because these seeds *tested off the charts!* Packed with so many vital nutrients -- it was clear that they had uncovered a *nutritional goldmine*.

We call this super-seed **BenVia Gold**. And just for starters...

# ***This super-seed turns out to be the "bread of heaven" FOR YOUR HEART!***

**Comparing gram to gram, BenVia Gold has up to *10 times more* Omega 3 fatty acids than fresh Atlantic salmon...**

**Let me be clear that I'm not knocking salmon.** I love it! Salmon contains different kinds of Omega 3, including high amounts of DHA and EPA -- while **BenVia Gold's** Omega 3 content is mainly in the form of alpha linolenic acid. I believe it's best to have both forms of Omega 3...

## **But you can't bake salmon into BANANA BREAD...**

And whoever heard of salmon cookies! The beauty of **BenVia Gold** is that you can sneak it into any meal, from your breakfast oatmeal, to lunchtime macaroni and cheese, to all kinds of delicious dinners and desserts. (More about this below, including a free recipe.)

Better still, **BenVia Gold** is richer in this special form of Omega 3 fatty acids than any other whole food I've ever evaluated. That's heavenly news for your heart!

After all, even the American Heart Association agrees that Omega 3 fatty acids can help...

- **Promote healthy heart functions...**
- **Maintain healthy triglyceride levels...**
- **Keep your blood pressure right where it's supposed to be...**
- **Support a healthy cardiovascular system...**

And the news gets even better, because **BenVia Gold's** way more than a super-source of Omega 3. For example...

## ***Your heart and arteries need SCADS OF MAGNESIUM...***

And lots of us may not get enough in our diets. Broccoli's a fine source of magnesium, but do *you* eat it every day? Of course not! Happily, though, gram for gram...

## **BenVia Gold HAS 12 TIMES MORE *magnesium than fresh broccoli***

Intrigued? We're just getting warmed up. Let's move a few inches down from your heart and see what **BenVia Gold** does *for your gut...*

# *What's griping your gut?*

## **BenVia Gold CONQUERS IT ALL**

**Helps ease occasional constipation, bloating, cramps, gas and more!**

**When patients are told, "Get more Fiber," that can be a ticket to giving someone the trots!** Does that ring a bell? You can't win!

You take something for your constipation, and wind up with diarrhea.

But **BenVia Gold** has an uncanny power to help ease *both* miseries at the same time. Plus, it could help to reduce bloating, gas, cramps and even hunger pangs in the bargain. *How?* The reason is simple...

You see, **BenVia Gold** isn't just the richest whole-food source of fiber that I've ever examined. Each tiny granule is packed with *two types* of fiber, in ideal balance.

**Colon-calmer #1. BenVia Gold's insoluble fiber** gently "scrubs" debris and waste from your colon walls, banishing buildup.

**Colon-calmer #2. BenVia Gold's soluble fiber** soaks up water, so stools don't get too loose.

Not too firm, not too loose! Best of all, when you've got both kinds of fiber working in perfect balance, your bowels move along like a perfectly scheduled train -- right on time. Reader after reader writes, **"I am more regular."** Now it's true that other foods may also contain both kinds of fiber. But...

### **BenVia Gold works 3 ways better**

**1. BenVia Gold quickly absorbs up to 12 times** its weight in water. That's phenomenal. *More than twice as much as flaxseed.* This is a key reason why **BenVia Gold** is so incredibly soothing. Just like a wet sponge glides across a counter, **BenVia Gold** helps your food glide calmly and cleanly through your digestive tract.

**2. Almost 40% of BenVia Gold is fiber,** considerably higher than wheat bran or flaxseed. *You'd need to eat 4 1/2 cups of bran cereal to get the fiber in just a few ounces of BenVia Gold.*

**3. BenVia Gold doesn't taste like sawdust!** Its flavor is neutral, so it just "disappears" when you stir it into your favorite breakfast food or shake.

"I really like **BenVia Gold**. I am more regular since I started taking it. I noticed a difference in how I felt about a week after I started taking it."\*

-Stanley R., Madison, WI

\*Results may vary.

"After just three days **BenVia Gold** got the digestive track running smooooothly again. I like to use it in oatmeal, meat loaf and brownies (after seeing your picture of the brownie). Dinner is at 7pm if you can make it! I'm on my second batch of three bottles. Thank you!"\*

-Jesse D., Montgomery, AL

\*Results may vary.

"BenVia Gold is nutritious, beneficial and excellent! I felt better about two days after I started taking it. I'm going to the bathroom with much less effort. I use **BenVia Gold** in my soups, my yogurts and in my

juices. I believe this product is good for me and it makes a difference in my wellbeing.”\*

-Ernie I., Oklahoma City, OK

\*Results may vary.

Plus, of course, those other foods won't give you **BenVia Gold's** incredible energy boost...

**“BenVia Gold gives me a special energy boost!”**

**- Dr. Derrick N., Huntington, NY**

**No more fatigue or jitters! BenVia Gold powers you up as smoothly as a Rolls Royce engine...**

**Ancient Aztecs called it their "running food."** Legend has it that just a spoonful of *Salvia Hispanica L.* was enough to power an Aztec runner through a grueling, 24-hour forced march...

***And my desk is stacked with letters attesting BenVia Gold'S ENERGY BOOST IS NO MYTH***

“BenVia Gold is wonderful! I have more energy. I could feel a difference within 1 to 2 hours\* of taking it. I mix it with my daily yogurt. My health has improved thanks to **BenVia Gold.**”

-Sharon B., Omaha, NE

\*Results may vary.

“BenVia Gold gave me energy, energy and energy! I feel blessed and happy. Also, my blood pressure is in a normal range thanks to **BenVia Gold!**”

-Hank P., Edison, NJ

“BenVia Gold has given me energy, regularity and sleep! We noticed about a week into taking it that we were up doing chores around the house and going outside to work in the yard. Before BenVia we had no desire to do these things because we were so lethargic. We feel happier because we are more active.”\*

-Marvin and Marianne H., Charlotte, NC

\*Results may vary.

And this is *jitter-free* energy. Not the kind you get from caffeine-drenched drinks that leave you to crash and burn.

**ZERO CAFFEINE**  
***And no "caffeine crash"***

As a doctor, I'm outraged that so many so-called energy drinks and foods are just "caffeine in a costume." They give you the jitters, then keep you awake all night -- and you wind up more exhausted than ever.

But **BenVia Gold** energizes you honestly, by restocking your nutrition banks, and helping to maintain healthy blood sugar levels. You could have the stamina of the energizer bunny, then drop off to sleep,

relaxed!

HOW CAN THIS BE? I believe it's because **BenVia Gold** is such a *complete* superfood. It provides at least three "energizers" that your tired-out body has been missing:

**ENERGIZER #1. Over 30 different nutrients in their whole food form.** Every tiny seed of **BenVia Gold** is like a "neutron star" of nutrients that your body desperately needs. And any doctor will tell you that it's always best to get your nutrients in the form of *food*.

**ENERGIZER #2. Super-rich fiber.** All the fiber in **BenVia Gold** slows down your digestion, giving your nutrients an even better chance of getting absorbed. It also evens out your absorption of *carbohydrates*, so your cells get a slow, smooth supply of fuel.

Yet even though it pumps you up so powerfully, **BenVia Gold** actually makes you *less hungry*...

**ENERGIZER #3 Muscle up! With nature's PERFECT PROTEIN FOOD.** Vegetarian or not, your muscles need plenty of *protein* to stay strong and toned. **BenVia Gold** is not only richer in protein than soy -- its protein is more complete. Unlike soy, **BenVia Gold**'s protein contains *all the essential amino acids* that your body needs to build muscle. And it's not processed with chemicals, as so many soy products are. *That's why I call BenVia Gold a perfect protein source.* You get all the protein benefit of eating red meat, without the risk.

## ***World's healthiest way to HALT HUNGER PANGS?***

**Just a smidgen of *BenVia Gold* with any meal makes slimming  
down a snap!**

"**BenVia Gold** is a very beneficial product! I'm eating less! My life has improved since I no longer need the snacks at night! I noticed a difference in how I felt less than a week of taking it. I'm even sleeping better! My favorite way to eat it is adding it to my morning yogurt and a little added to whatever I'm eating at night. I'm very pleased with it."\*

-Danielle L. Albuquerque, NM

\*Results may vary.

"I'm less hungry since I started taking **BenVia Gold**. I could feel a difference after taking it just one week. It's a very useful product!"

-Roger G., Akron, OH

\*Results may vary.

"**BenVia Gold** is very, very good! I'm eating less and eating better. I noticed a difference in how I felt the first day I took it. I'm losing weight! I use it every morning in my smoothie. I was surprised at how much I love it!"\*

-Jack C., Greensboro, NC

\*Results may vary.

**Ask your doctor.** Nobody needs dangerous weight loss aids, but everybody needs plenty of *soluble fiber* with meals. Why? Because soluble fiber expands in your stomach *and* intestines, making you feel comfortably full for hours.

And **BenVia Gold** is the superstar of soluble fiber foods! It absorbs 12 times its volume in water, making even small-portion meals feel like a feast.

# Say "so long" to maddening MIDNIGHT MUNCHIES

Your hunger is never completely satisfied until your "nutrient banks" are full. And, as **BenVia Gold** travels through your stomach and intestines, it gradually delivers a rich payload of over *30 different nutrients* -- all night long.

Plus, it's so quick and easy to add **BenVia Gold's** goodness to nearly *any dish or meal...*

## ***The safe, natural way to promote healthy BLOOD SUGAR***

Yes, **BenVia Gold** excels at this too. That's because high-fiber foods also *slow your digestion*. And when that happens, your intestines are slower to absorb *carbohydrates*. As a result, simply adding **BenVia Gold** to your favorite dishes can help lower the "glycemic load" of the entire meal. That's super news for loved ones who are looking for extra support!

**And it's so low in calories.** Fifteen grams of **BenVia Gold** contain just 50 calories and ZERO sugars.

"**BenVia Gold** is super good! It helped make me regular. I've had better blood pressure and cholesterol readings. I put it in hot oatmeal every morning. I'm going to keep using it!"

-Millie L., Toledo, OH

"**BenVia Gold** is the best thing since chocolate! It is wonderful. It's given me a fabulous new life. Within the first week of taking it I could feel a difference. Before **BenVia Gold**, I had lost a lot of energy and was just laying around, always had a complaint but not now. My mind seems to be more alert and I feel wonderful. I plan on using it as long as I live. I'm sold on it. Thank you so much - I really appreciate it."\*

- Laura K., Norfolk, VA

\*Results may vary.

## ***So easy and fun to cook with, IT'S ALMOST SINFUL!***

**BenVia Gold** turns all kinds of "guilty pleasures" into stealth superfoods -- even these mouthwatering brownies!

**If you hate to cook, you'll love BenVia Gold.** Just stir crushed **BenVia Gold** into your favorite hot or cold cereal, and you're done. Or you can whip it up with your morning shake, add it to fruit-flavored yogurt, or sprinkle it onto salads. No cooking skills of any kind are required...

***But if you love to cook,  
YOU'LL ADORE BenVia Gold...***

Because it's the world's most *versatile* superfood by a country mile. You can bake it into breads, brownies, cookies and other desserts...mix it into burgers, casseroles, stir fries or other main courses...sneak it into dozens of your favorite dishes and make them all suddenly healthier.

- **It's the perfect fat replacement in recipes.** **BenVia Gold** makes foods more moist and delicious, because it absorbs up to 12 times its weight in water. Plus, of course, *BenVia Gold* replaces less-healthy fats with heart-healthy Omega 3 fatty acids.
- **An ideal thickener for soups, stocks and gravies,** because it absorbs so much water.
- **Awesome addition to vegetarian dishes,** because it's so rich in protein. And remember, this is *complete* protein, with many of the essential amino acids you need.
- **No gritty texture.** When you crush **BenVia Gold** in a blender or coffee grinder, it virtually disappears into the recipe.
- **No woody aftertaste.** Unlike flaxseed, **BenVia Gold** has a *neutral* flavor, so it can be seamlessly added to recipes.

## **And I'm going to prove it by sending you a FREE! BenVia Gold RECIPE COLLECTION**

It's yours FREE TO KEEP with your order. Get ready to swoon for the soul-satisfying pleasures of **BenVia Gold Streusel Banana Nut Bread...Crunchy BenVia Gold Berry Crumb Tart...BenVia Gold Chicken Parmesan...BenVia Gold Lasagna with Meat Sauce...**and more!

### **FREE RECIPE! BenVia Gold Fudge Nut Brownies**

**BenVia Gold** makes yummy treats like these taste even more moist and decadent. Set out a plateful and poof -- they'll be gone!



#### **Ingredients:**

1 lb semi-sweet chocolate morsels  
 3/4 cup all-purpose flour  
 1 cup butter  
 4 medium eggs  
 1 cup hazelnuts  
 5 T. **BenVia Gold** (crushed in coffee grinder or blender)  
 1/4 tsp salt  
 1 cup sugar  
 2 tsp vanilla extract

#### **Instructions:**

In a heavy saucepan, melt chocolate chips and butter. Add sugar, **BenVia Gold** and salt, and stir until dissolved. Cool for 10 minutes. Stir in beaten eggs, vanilla extract, flour and nuts.

Pour into a greased, 15 x 10 x 1 baking pan. Bake at 350° for 25-30 minutes, or until a tooth pick inserted near the corners comes out with moist crumbs. Let sit to cool. Makes 2 1/2 dozen brownies.

***"BenVia Gold is awesome! I could feel a  
difference after the first week of taking it.  
I've been using this product for over two  
years now."\****

***-Emma Jean T., Durham, NC***

\*Results may vary

## From your skin, to your joints and more -- you'll see *and feel* the BenVia Gold difference!

Emma Jean is just one of many older readers who tell me they look and feel transformed, thanks to **BenVia Gold**. And researchers say this makes great sense, because...

### *Each tiny BenVia Gold granule delivers* **3 AGE-DEFYING BENEFITS**

**#1. Fights free-radical damage.** Aging is believed to be caused by free radical damage to cells. But antioxidants neutralize free radicals that cause this damage. *And, gram for gram, BenVia Gold contains over 3 times more antioxidant capacity than fresh blueberries.*

**#2. Flushes out age-accelerating waste.** Waste that accumulates in your colon can make you feel sluggish and run down. But **BenVia Gold's** super-rich payload of fiber helps move that waste out of your system.

**#3. Helps support healthy new cells.** Your cell walls crave Omega 3 fatty acids -- and if they don't get them, they'll use *unhealthy* fats as a substitute. **BenVia Gold** hands your cells the Omega 3 building-blocks they need.

Are you starting to see how many healthy tricks **BenVia Gold** has up its sleeve? It's the *one* superfood that blows away all the others. When you look at the nutritional score sheet, it's not even close...

## *BenVia Gold makes flaxseed and soy* **SEEM LIKE SAWDUST...**

**Just look at how easily it  
blows away other superfoods!**

**Now let's examine how BenVia Gold stacks up** against other widely-praised health foods. It's not even close. As you'll see, **BenVia Gold** is so nutritionally dense, it's almost like...

### **A MEAL IN A SPOON!**

Of course, I'm not saying "stop eating." **BenVia Gold** is meant to supplement your diet, and works best when you add it to favorite foods or beverages. But I am saying that just a bit goes an incredibly long way.

Because, unlike fruit, vegetables or fish, which are mostly air and water -- each tiny seed of **BenVia Gold** is densely packed with literally trillions of nutritious molecules. For example, just 100 grams of **BenVia Gold** provides...

- **24 grams of Omega 3 fatty acids.** You'd need nearly **1 1/2 pounds of salmon** to get that much Omega 3. (Keep eating your salmon! It provides a different, important form of these fatty acids -- but I know you won't eat it every day, so get your **BenVia Gold** too!)
- **21 grams of complete vegetable protein.**
- **37 grams of fiber.** You'd have to consume **nearly 2 cups of bran cereal** to get that much fiber.
- **510 mg of calcium.** That's 4 times more than milk. And, unlike milk, **BenVia Gold** contains no lactose.

- **340 mg of magnesium.** You'd need to eat **9 stalks of broccoli (about 3 pounds)** to get that much magnesium.
- Plus over 24 other nutrients, vitamins and minerals, including **potassium (720 mg), Zinc (4.8 mg)** and so much more...

## ***Even the world's best supplements CAN'T MATCH BenVia Gold***

Because only **BenVia Gold** delivers all these goodies in *whole food form*. So they're better absorbed, and each nutrient works with the others like a team.

### ***Why flaxseed users are SWITCHING TO BenVia Gold***

Not only does **BenVia Gold** deliver far more fiber and Omega 3 fatty acid content. **BenVia Gold** *doesn't* have the gritty texture and strong flavor of flaxseed.

## **YOUR DOCTOR WILL LOVE BenVia Gold... GUARANTEED!**

**That's right, NorthStar Nutritionals guarantees** your doctor will love what **BenVia Gold** is doing for you -- or you'll get a prompt, no-questions-asked refund. Why so confident? Because...

Our growers adhere to a set of strict guidelines that ensure that the highest standards of quality are kept during every stage and process. They obtain multiple certifications to guarantee product traceability, constant quality level and a superior level of purity to match the needs of our customers.

## **STOCK UP NOW *while supplies last!***

**Grab 6 bottles, get FREE shipping,  
and get over \$25 in savings!**

**Ready to see what BenVia Gold can do for you?** Please, don't delay even a single day, because...

*In all my years with NorthStar Nutritionals, I've never seen demand so high for anything!* And frankly, **BenVia Gold** has been in very short supply lately. You see...

**BenVia Gold is grown ONLY under  
perfect conditions...**

Although **BenVia Gold** was originally harvested by the mighty Aztecs in modern day Mexico, today the golden crop thrives further south in Bolivia. You see, Bolivia has the ideal climate and a pristine environment for **BenVia Gold** to grow in all year long. **BenVia Gold** is grown under controlled conditions in some of the most nutrient-rich soil in the world. The farmers rotate the location of the crop each year to ensure sustainability, and prevent the soil from becoming depleted. **BenVia Gold** is 100% natural. The growers also take great care in harvesting under strict guidelines to maximize the total nutritional benefit, which means crops are harvested only a few times a year.

Let me urge you to take full advantage of our RISK-FREE Guarantee and stock up on a 6-bottle supply. Do it *now* while you still can. You'll save over \$25, you'll get FREE SHIPPING, and you won't risk even a penny of the purchase price, thanks to...

## THE BenVia Gold SUPER GUARANTEE Exclusively from NorthStar Nutritionals

- 1. We guarantee YOUR SATISFACTION!** Before you know it, you could feel a big surge in energy, stamina and strength. Then, week after week, you could feel and look even better, *plus...*
- 2. We guarantee YOUR DOCTOR** will also love what you're doing to enrich your health, *and...*
- 3. If you're not BOTH blown away** by your health at any time, simply ask for your money back.

Let me urge you to take full advantage of our RISK-FREE Guarantee and stock up on a 6-bottle supply. Do it now while you still can. You'll save over \$25, you'll get FREE SHIPPING, and you won't risk even a penny of the purchase price, thanks to...

**And this guarantee applies to your entire** 6-bottle order. So please, stock up now and take that \$25 *discount* without a worry – you won't risk a cent! Plus, if you order now, you can also receive our **BenVia Gold** RECIPE COLLECTION of spouse-thrilling, quick-to-fix treats, for FREE...

***HURRY! Order immediately and download this  
FREE RECIPE COLLECTION  
Limited Time Offer! RSVP in the next 7 Days!***

**Exclusively from NorthStar Nutritionals**

*BenVia's not just for stirring into cereal.* It's the "stealth health ingredient" that can turn so many of your favorite treats super-delicious! It "plumps up" fudgy brownies and baked goods, making them extra moist and delectable. It's magnificent in meatloaf, beautiful in barbecue, and wow, what it does for chicken! Let us prove it and get you started with this collection of 5-star recipes...

### **BenVia Gold SENSATIONS Best Recipes of the Year**

It's yours FREE TO KEEP with your order. And just wait 'til you sink your fork into blissful *BenVia Gold Streusel Banana Nut Bread... Crunchy BenVia Gold Berry Crumb Tart...BenVia Gold Chicken Parmesan...BenVia Gold Lasagna with Meat Sauce...BenVia Gold Peanut Butter Cookies...BenVia Gold Mighty Mac and Cheese...and more!*

You don't have to tell your spouse or kids these crowd-pleasing meals are healthy. Just take a bow and bask in the compliments! Plus, you can stock your pantry without fear of **BenVia Gold** spoiling. Because, in its whole seed form...

**BenVia Gold HAS UP TO A  
2 YEAR SHELF LIFE**

## ***with no need for artificial preservatives***

And even after you grind it, it stays fresh in the fridge for up to 3 months. So don't hesitate to stock up on as much **BenVia Gold** as you like, and take advantage of our \$25 savings special.

## ***BenVia Gold will supercharge your life,*** **100% GUARANTEED**

If you *and* your doctor aren't stunned by the difference **BenVia Gold** makes in your health and energy levels, just give us a call anytime and you'll get a prompt courteous refund of 100% of your purchase (minus shipping). Yes, even if you ordered the 6-bottle supply! Fair enough? So...

### **HURRY and order today...**

*Now*, while supplies last! Get in on the superfood of the century, and start feeling how sensational *your* life can be!

Yours for stellar health,

Allan Spreen, MD  
Chief Research Advisor  
NorthStar Nutritionals

**P.S. Don't delay a minute!** Supplies are tight and smart folks are stocking up. You'll get this FREE RECIPE COLLECTION with your order, *and* save up to \$25 when you lock in with today's low price and get FREE SHIPPING. But be sure to reply quickly!

**Yes, Dr. Spreen! I want to try  
BenVia Gold today RISK-FREE**

[View \*\*BenVia Gold\*\* Seed's ingredients.](#)