

A ROAD MAP TO GOOD HEALTH

Forty-three percent of all adults suffer adverse health effects from stress. And up to 90% of all doctor's office visits are for stress-related ailments and complaints. Stress causes health issues from backache to insomnia, cancer and chronic fatigue, aches and pains, anxiety, sleeplessness, loss of memory, colds and infections due to weakened immune system, weight gain – just to mention a few.

PNT 200 *Nature's Calming Remedy*



Main Ingredients

Milk Protein Hydrolysate

– A unique **milk peptide*** recognized for its calming properties.

Sodium Caseinate (a milk protein)

- A soluble emulsifier

*Unique AWARD WINNING Milk Peptide

After 12 years of research, in partnership with Universite Henri Poincare--Nancy in France a peptide was found with relaxing properties within a milk protein hydrolysate. The research stemmed from the observation of the calm state of a baby after drinking milk. This led to the development of a patented milk hydrolysate found in PNT 200. And the Health Ingredients (HI) Europe committee recently recognized this active ingredient with a BRONZE MEDAL at the 2004 Hi Europe Innovation Awards!

According to the World Health Organization (WHO), nearly 450 million people worldwide are affected by stress-related disorders. Not surprising considering the noise, social pressures, pollution and a myriad of other stressors that infiltrate our minds and bodies.

Stress = elevated levels of cortisol = increased fat deposits, typically around the trunk and abdomen

PNT 200 reduces stress and cortisol levels allowing for more effective weight loss.

Cortisol is the Culprit

As you sit in your car and stew over the wall of traffic in front of you, the deadlines at work you'll never meet, and the bills you can't pay, your brain begins to sense the onset of a threatening situation and sets the flight or fight response into motion.

You feel this as nervous tension or just plain anxiety. Your heart pounds, you want to jump out of your skin, but you can only sit. All that extra fuel (in the form of fat and glucose) that's designed to provide you with emergency energy, is now being mobilized for action, but goes unused and left behind, only to be re-deposited as fat. And to make matters worse, usually belly-fat.

High cortisol levels are associated with increased appetite and increased fat deposits, typically around the trunk and abdomen. Some researches theorize that this unused fuel (or fat) is generally deposited in the abdominal area because of its proximity to the liver (where it can be quickly converted to a usable form of energy).

Action Required

Adults over 110 lbs take 2 capsules daily for 15 days, then reduce to 1 capsule daily. All others, take 1 capsule daily.

You'll benefit most by taking the maximum dose of **PNT 200** for at least 15 days – although many people feel the benefits after the very first day.

Performance

PNT200:

- 🕒 Relieves the symptoms of stress
- 🕒 Is all-natural. **PNT 200** is not a drug
- 🕒 Is not habit-forming, contains no additives and has no side effects
- 🕒 The milk in **PNT 200** comes from dairy herds that are pesticide free, antibiotic free, and free of growth hormones
- 🕒 Helps you get to sleep

Reducing stress can:

- make you feel calmer and happier
- help reverse heart disease
- reduce muscular tension and lower high blood pressure
- increase energy levels
- reduce sleep problems
- boost self esteem
- stimulate and strengthen immune system
- help reduce migraine headaches and hypertension and recovery after illness

PNT 200 is **not addicting**, with **no side effects**, and can be **safely used** on an ongoing basis.