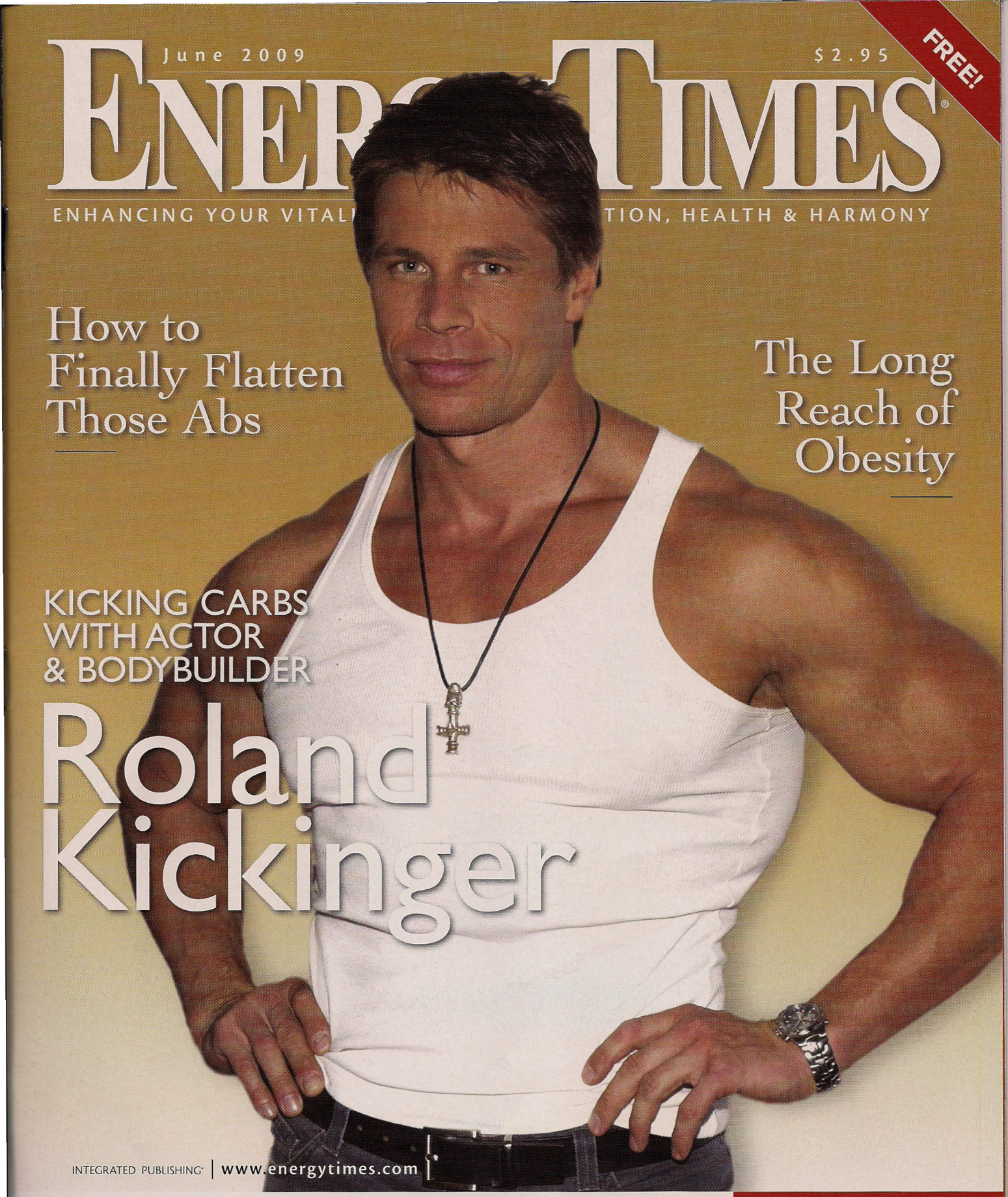
June 2009 $2.95

FREE!

ENERGY TIMES

ENHANCING YOUR VITALITY, NUTRITION, HEALTH & HARMONY



How to Finally Flatten Those Abs

The Long Reach of Obesity

KICKING CARBS WITH ACTOR & BODYBUILDER

Roland Kickinger

INTEGRATED PUBLISHING® | www.energytimes.com

TO PURCHASE A SUBSCRIPTION TO ENERGY TIMES OR REGISTER FOR MONEY-SAVING COUPONS COMPLETE THE SUBSCRIPTION CARD INSIDE OR GO TO WWW.ENERGYTIMES.COM

9XXXX

COMPLIMENTS OF:
YOUR HEALTH FOOD STORE
RENO PLAZA
1010 AIRPORT DR
RENO, NV 89502
(775) 494-2608

Boosting Your Well-Being

Understanding Your Good Bacteria

Ayurveda: India's Potent Healing System



ZOLA BRAZILIAN SUPERFRUIT SMOOTHIES

Zola Açaí, maker of the first bottled açaí juice, is introducing the first line of functional smoothies featuring exotic Brazilian superfruits blended with the antioxidant-packed açaí berry: **Brazilian Superfruit Smoothies**. Each of four varieties—Immunity, Energy, Antioxidant and Superfood—contains a unique and delicious mix of all-natural superfruits such as acerola, caja fruit, cupuaçu camu camu, graviola and açaí. At 97 to 125 calories per serving, the blends taste fresh and light, evoking a feeling of health, vitality and well-being. The company has a giving back campaign, Project Zola, designed to empower people in the local communities where the fruit is sourced. Visit www.zolaacai.com for more information.

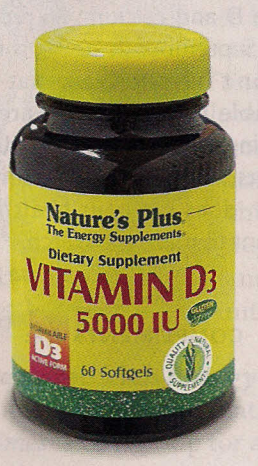
SOURCE OF LIFE® GREEN AND RED MINI-TABS

Source of Life® GREEN and RED helps you stop free radical damage and slow the aging process while you enjoy energy-on-the-go. The red layer's proprietary whole food blend and highly active red superfruit phytonutrients neutralize youth-robbing free radicals. The energizing green layer cleanses free-radical debris at the cellular level. You'll feel a double strength burst of energy—guaranteed! For more information, call 1-800-937-0500, ext. 9476.



VITAMIN D3 5000 IU

Nature's Plus® Vitamin D3 5000 IU provides vitamin D3, nature's most bioavailable form, in one easy-to-swallow softgel. Recent studies indicate that 5000 International Units of vitamin D3 every day can help many people achieve optimal calcium absorption and support healthy bone density. Nature's Plus® Vitamin D3 5000 IU conforms to the strictest purity standards, including California's Proposition 65. For more information, call 1-800-937-0500, ext. 9477.





TRIPURA

Tripura can provide whatever you need to travel your inner journey. Yoga/meditation products, neti pots, essential oils, soap, books, CDs/DVDs, candles, jewelry and a wide selection of premium incense are just part of their collection of wellness, holistic and spiritual living supplies to create peaceful, calming environments in the home and office. Sold in fine health food stores nationwide. See all Tripura products at www.santosha.com and www.incensewarehouse.com or call 800-288-9642.

Statements describing these products are made by the manufacturers and are not the opinions of *Energy Times*, its parent company or subsidiaries.

For information about product descriptions, please contact the pertinent manufacturer.