

STARLIGHT®

*Real Life Solutions Through
Innovative Health Products*



Welcome To The Wonderful World Of Starlight Products



People everywhere are more concerned than ever about their health. Baby Boomers who want to stay young are having the same physical complaints as their parents. They wish they were slimmer. They don't like to look in the mirror and see themselves aging. They are stressed or frequently tired. What can they do to help themselves?

Help Is On The Way With Starlight

Every year, we receive hundreds and hundreds of letters and emails from Starlight customers and Distributors recounting stories of better health, wellness and weight loss. A sampling of testimonials has been included in this catalog from real people achieving real health benefits. You are invited to try our products, each of which comes with a "no questions asked" retail money-back guarantee. People from coast to coast have improved their lives by using Starlight products. So can you.

Sincerely,

Steven M. Goldberg
Founder and President

Welcome To The Wonderful World Of Starlight Products

Starlight Stands for Quality. Every Starlight product must meet a real health need. And every product must live up to the high standards that are maintained by Starlight. Our Quality Assurance Program sets high standards of quality for all our products. Our Retail Money Back Guarantee is your assurance that Starlight confidently stands behind the quality and effectiveness of every product.

The Starlight Product Research Council maintains the highest standards of product excellence using the latest research on nutrition and health as its guide. Starlight looks to its Product Research Council to:

- **FOCUS ON NATURAL APPROACHES TO WELLNESS AND THE LATEST ADVANCEMENTS IN SCIENCE**
- **DETERMINE EFFICACY AND PRACTICAL APPLICATIONS OF EMERGING HERBAL PRODUCTS AND THEORIES**
- **FORECAST TRENDS**
- **PROVIDE THE LATEST HEALTH-RELATED REPORTS**
- **HELP MAINTAIN STARLIGHT'S LONG-TERM VISION**
- **HELP DISTRIBUTORS BETTER UNDERSTAND HEALTH AND NUTRITION NEEDS**

Meet Starlight's Product Research Council



Alan Roberts, M.S.

Alan Roberts is Founder and Chief Executive Officer of Nutrition Innovation Inc. Over the past several years, Alan has formulated an array of innovative products, including many that are patented and clinically tested. Alan has a master's degree in Human Nutrition and is a member in good standing with the Institute of Food Technologists, American Colleges of Sports Medicine and the American Dietetic Association.



David Winston

Herbalist/Ethnobotanist

David Winston has in-depth, formal education in plant science, anatomy, physiology, pharmacognosy, and cellular biology, with additional studies in Cherokee, Chinese and Western herbal medicine traditions. He is a prolific researcher and writer and brings over 29 years of outstanding holistic health experience. Mr. Winston is a member of several guilds and foundations in the pursuit of new herbal technologies.

Ask Yourself These Questions:

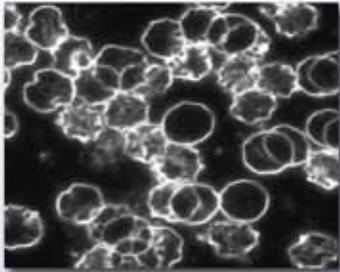
Am I...

- Unhappy with my weight?
- Starting to show the signs of aging?
- Worried about always having to eat a balanced diet?
- Concerned about free radical damage?
- Not sure my children are getting all the nutrition they need?
- Concerned about aging joints?
- Putting up with symptoms of PMS or menopause?
- Concerned about the health and vitality for the man that I care about?
- Stressed, nervous and forgetful?
- Lacking energy?
- Having trouble sleeping?

If you have checked any of the above concerns, Starlight has a simple way to help you. Browse through these pages to learn more about Starlight's proprietary health formulas which are designed to achieve positive results for you.

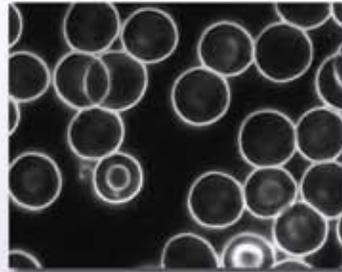
Now You Don't Have To Look Or Feel Your Age

Total Rejuvenation® Cel-Vitalization Formula™ Helps Combat the Aging Process



Before

Slide 1 is a picture of wrinkled red blood cells drawn from a person prior to consuming Total Rejuvenation.



After

Slide 2 is a picture of round red blood cells drawn from the same person five hours after consuming Total Rejuvenation.

Long before you noticed the signs of aging, every cell in your body has been under attack

This is happening on the inside of your body, but undesirable signs are also beginning to show on the outside too. The body does what it can to restore itself, but as the years pass, cell rejuvenation becomes less efficient. If this process goes unchecked and without help those signs of aging can begin to show more rapidly.

The statements in the catalog have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Please carefully read the product label for instructions, cautions and warnings.

Restore Your Body With The Ammunition It Needs To Help Resist The Aging Process

Our patent-pending combination of ingredients is designed to rejuvenate your cells by protecting them from the cell damage associated with this aging process through our Cel-Vitalization Formula. The cells that make up your body will now have additional nourishment, support and strength.

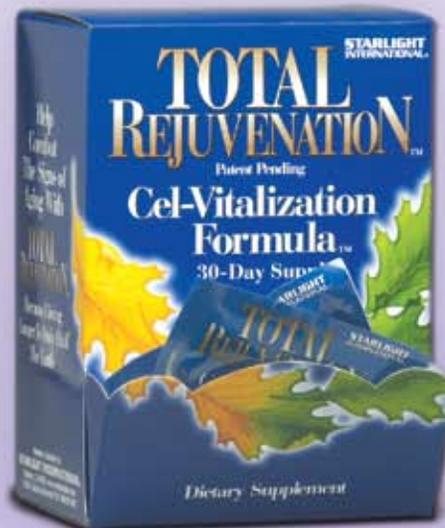
Protected cells will help to keep you feeling healthy and looking your best for a fuller, more active life.

*"I take all of our Starlight wellness products and depend on them for continued good health and a strong immune system, but I recently adopted a new favorite in Total Rejuvenation when someone mistook my 39 yr old son for my husband!"**

Lynn McGinnis, Independent Distributor
Milton, West Virginia

*"As a Family Practitioner, I see patients of all ages. Before products like TOTAL REJUVENATION, my baby-boomer patients were afraid of stumbling into old age. Now, many of them look forward to charging into their Golden Years healthy and active!"**

Stephen Winston, M.D., Independent Distributor
Fairhope, Alabama



Suggested
Retail
Price
\$50.00

*These results are not typical and not everyone will experience these results.

Even If Your Diet Isn't Perfect You Can Be The Picture Of Health

Take The Guesswork Out Of Optimum Nutrition With WellPak®



It comes as no secret to anyone that the typical American diet is lacking many nutrients that are essential for good health. Starlight understands that in today's fast-paced world, you can't always eat what you should every day.

Starlight Has Made The Complicated Simple

With so many supplements to choose from on the shelves of every drug store and supermarket, how can anyone figure out what's best for them? At Starlight, we have developed two collections of proprietary products designed to provide men and women with the nutrients and herbs they need to meet their daily nutritional challenges. Each product is formulated in exacting proportions to help assure your good health today and everyday.

Both WellPak® Female And WellPak® Male Contain These State-Of-The-Art Supplements:

- StarPac® Daily Essential Nutrient Complex
- LIFEGuard® Advanced Antioxidant Therapy
- Psycles® Female Nutrient Support System or Taurus® Male Nutrient Complex

Suggested
Retail Price
WellPak Male
\$98.50



Suggested
Retail Price
WellPak
Female
\$109.50

*"As a full time fire fighter and part time registered nurse, I was constantly exposed to a lot of people. Since being on the Male WellPak, I don't worry anymore."**

Robert Vadas, Independent Distributor
Hudson, Ohio

*"I am over fifty and really began to feel it. I got very serious about taking Starlight's WellPak every day. I knew Star Pac would feed my body all the nutrients I needed. I love the Lifeguard because it helps keep me free from terrible sinus headaches."**

Leslie Strickland, Independent Distributor
Valdosta, Georgia

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No Other Multivitamin/Multimineral Combination Is More Complete

StarPac® Daily Essential Nutrient Complex Delivers A Full 100% Or More Of Every Essential Nutrient

StarPac Goes Beyond Other Formulas On The Market

In addition to including a full 100% or more of the US RDI of every essential vitamin and mineral, StarPac also provides your body with:

- 270 mg of Omega-3 Fatty Acids (from fish oil)
- Omega-6 Fatty Acids (from flaxseed oil)
- Inositol
- Para-Aminobenzoic Acid
- Betaine Hydrochloride
- Bromelain
- Boron

Look at the nutritional profiles of other supplements and compare. You'll find that no other supplement anywhere provides more comprehensive, balanced supplementation than what you get in StarPac.

StarPac is designed to assist you in your need for optimal health maintenance. It contains 100% or higher of the U.S. RDI for 21 vitamins and minerals.

PLUS StarPac exclusively contains our Enzyme Complex comprised of naturally-occurring enzymes that aid you in the digestion of carbohydrates, protein, fat and lactose. Starlight has also included Omega-3 and Omega-6 essential fatty acids and fruit and vegetable extracts with high levels of naturally occurring antioxidants to help you fight free radicals. Evening Primrose Oil, Black Currant Oil and several other oils are also contained in this formula and are vital to long-term wellness.

Don't trust your good health to chance.

StarPac is available in convenient, "take along" 7-tablet/capsule daily packets.

*"When I added StarPac to my day, I felt better all day. Now I don't wander aisles at vitamin stores wondering the right combination. I know I have them in StarPac."**

Rachelle Romano
Independent Distributor
Littleton, Colorado

Suggested
Retail Price
\$49.00



Strengthen Your Body's Defense System

LIFEGuard® Advanced Antioxidant Therapy Helps Protect Your Body From Free-Radical Damage

There's A Fight Going On In Your Body

Your body has internal enemies called free radicals, which are excess oxygen molecules that travel recklessly through your body ultimately causing destruction to your cells. Due to dietary deficiencies, U.S. Government studies indicate that 91% of all Americans may develop costly health problems. One of the tools to combat this issue is to use antioxidants. LIFEGuard helps you fight the attack of free radicals by giving you the antioxidant nutrients your body requires.

Defend Yourself With Starlight's LIFEGuard

A unique synergistic blend of thirteen of the most powerful antioxidant nutrients engineered to counteract free radical damage. Since 1994 LIFEGuard's proprietary formula is one of the finest antioxidant formulations available.

Fight free radical damage with LIFEGuard. It's protection for you and your family.

*"I was an elementary school teacher and constantly getting exposed to illnesses. After two months on LIFEGuard Advanced Antioxidant Therapy, my immune system was working remarkably well."**

Christina Schwarz, Retail Customer
Wantagh, New York

Suggested
Retail Price
\$28.50



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Greater Vitality For Men

Taurus® Male Nutrient Complex Supplies A Man's Body With Nutrients For Better Health and Vitality



A Man Has Special Nutritional Needs

Whether you're a man in your mid-thirties or late fifties or beyond, maintaining better nutritional health is important to your overall physical and mental health... and self-esteem. Unfortunately stress, consuming alcoholic beverages, smoking, and eating the wrong foods can actually rob your body of what it needs nutritionally and lead to long-term health problems.

Taurus Gives Back What Time And Lifestyle Choices Diminish

Taurus works specifically with a man's body to provide the nutrients necessary for the organs and systems responsible for strength, vitality and prostate health. It contains a unique combination of herbs, vitamins and minerals in an exclusive formulation to give every man the nutrients necessary to feel and perform at his very best.

*"Taurus provides relief of urinary male symptoms without the side effects of prescription medications, while at the same time, providing the nutrients for male health and well being."**

Herman S. Rauch, M.D., F.A.A.F.P.
Independent Distributor
El Cajon, California

Suggested
Retail Price
\$21.00

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Help Control The Effects Of PMS And Menopause

Psycles® Female Nutrient Support System Helps To Make Every Day Of The Month A Good Day



Myths about the undesirable effects of PMS and Menopause being a part of life that women simply had to endure are now gone — and help is here. Researchers and physicians are focusing on better healthcare for women at every stage of women's lives.

Psycles Helps You To Cope With The Natural Changes And Discomfort Of PMS and Menopause

There is no need to suffer anymore without help. Psycles takes on the challenge so that you can feel great again every day of your life. Psycles combines herbs and other nutrients in a unique formulation to help women feel their best every day.

*"I suffered from severe cramps and PMS. I sought out specialists and adhered to recommended treatments with no success. I was deeply depressed after seeing the effects my mood swings were having on my young children and husband who was desperately trying to understand. I then tried Psycles. Over ten years later I have taken Psycles everyday and I can truly say no PMS or hot flashes. This is an awesome product."**

Zan Martin, Independent Distributor
Valdosta, Georgia

*"I am 48 years old and have been premenopausal for the past 3 to 4 years. I started taking Psycles 3 to 4 months ago. Now my monthly cycle is regular as clockwork and I don't have any more PMS symptoms. Every day of the month is a good day."**

Dianne Smallwood, Independent Distributor
Orlando, Florida

Suggested
Retail Price
\$32.00



Diminish Stress, Nervous Tension And Memory Gaps

IDEAS® Gives You A Better Frame Of Mind



When your mind is struggling with stress and nervous tension, memory gaps may occur. Sleep can be interrupted. Poor concentration, lack of focus, and poor judgment can plague your work.

IDEAS Is A Simple, Natural Solution For All These Common Problems

IDEAS is a revolutionary product that is a synergistic blend of natural herbs designed to help you to reduce tension and anxiety and to enhance your mood, while still leaving you with the ability to function at your optimal level. It gently eases feelings of nervousness, reduces tension, sharpens mental focus and improves memory.

IDEAS Goes Well Beyond The One-Ingredient St. John's Wort Products On The Market

It helps to bring your life back into focus.

*"I started taking IDEAS about a month ago. I have more patience and am more organized and playful. I feel like a totally functioning human being and am forever grateful to Starlight for this fabulous product."**

Elaine Miller, Independent Distributor
London, Ohio

Suggested
Retail Price
\$29.50

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Help Control Fat And Curb Your Appetite Any Day You Choose

FatFree!® Helps Prevent The Absorption Of Fat



Everyone Knows The Way They Should Eat

Americans are eating more foods packed with unwanted fat along with their satisfying flavor. The trouble is even the most disciplined person can have difficulty controlling fat consumption all of the time. Help is here.

FatFree! Helps Cut Down On The Fat Your Body Absorbs

and then expels it from your body. Just 2 tablets 30 minutes before each meal and FatFree! is ready to help reduce the amount of fat absorbed by your digestive system.

And It Provides Appetite Control Too — Any Day You Need It

You won't want to overindulge, because you will have a feeling of fullness before you eat. FatFree! also helps digestion and elimination by increasing the fiber in your diet.

100% Natural

FatFree! contains Glucomannan, a natural herb that is one of the highest sources of fiber. It works with Gymnema Sylvestre and other herbs to diminish your appetite and help your body maintain healthy cholesterol levels.

*"FatFree! is my favorite. That's how I've kept weight off for so long. I couldn't live without it because I love food. I'm Italian and I like to eat. It's wonderful. The first time I took it was at lunch. What was so amazing was that it wiped out my appetite for the day."**

Amy Rankin, Independent Distributor
Carrollton, Virginia

Suggested
Retail Price
\$35.00



Help Strengthen Your Child's Natural Defense System

LIFEGuard Junior® Advanced Antioxidant Therapy — Parents All Over America Can And Do Depend On It



There's A Battle Going On In Your Child's Body Too

Proper antioxidant nutrition can help to keep your child's body strong and able to fight the effects of free-radicals.

Help Protect Your Children With LIFEGuard Junior

LIFEGuard Junior is a proprietary blend of powerful antioxidant vitamins and specially-selected phytonutrients. This unique formula has been designed to assist your child in maintaining optimum health. And because it tastes so good, children enjoy taking it every day.

*"My 5 year old daughter, Emily, started taking LIFEGuard Junior before starting school. She has had no need to miss school for an entire year!"**

Ann Jeanette Peiffer, Independent Distributor
Allentown, Pennsylvania

*"During the first three years of parenthood, I got to be very good friends with our pediatrician. After putting all my children on LIFEGuard Junior, I rarely see our 'friend', the pediatrician anymore."**

Janice Shull, Independent Distributor
Irmo, South Carolina

Suggested
Retail Price
\$11.50

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Get Your Joints Moving... Comfortably

LIFEGuard Joint Formula® Helps Maintain The Cushioning Effect Joints Need For Optimal Mobility, Joint Comfort And Range Of Motion



Through exercise and normal wear and tear, natural processes can diminish joint flexibility, making movement more difficult. The reason is that over time, the body is simply not producing cartilage and joint lubricating fluid like it once did to keep bone from rubbing against bone.

LIFEGuard Joint Formula Gets To The Source Of The Problem

This revolutionary product helps to strengthen cartilage and increase the natural lubricating fluid around joints. It helps to maintain the cushioning effect that is needed to help get you moving comfortably and easily.

Until Now, Many Products Only Masked The Problem

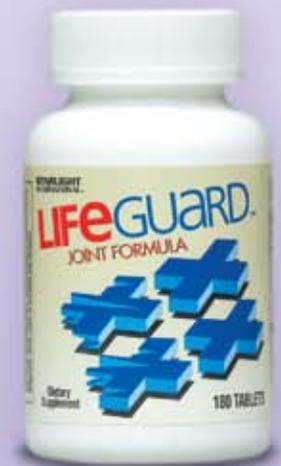
Those products worked to alleviate the discomfort, but did nothing to help maintain healthy joint function. Now there's LIFEGuard Joint Formula — helps you for the long term. And it's one of the only formulas that includes six joint health ingredients: Glucosamine, Chondroitin Sulfate and Methyl-Sulfonyl-Methane. In addition, LIFEGuard Joint Formula contains Manganese, Turmeric with 90% Curcumin and Boswella Serrata Extract which support proper joint function.

Try it for 3 days and start to feel a difference.

*"After one month on LIFEGuard Joint Formula, my knees felt like 25 again and my basketball buddies wanted to know my secret weapon. It's no secret, it's Starlight."**

Michael Thompson
Independent Distributor
Kernerville, North Carolina

Suggested
Retail Price
\$31.50



Feel More Energetic

Alert!® Vitalizing Formula Sustains Peak Performance Levels All Day Long



Get The Energy You Need For Your Active Life

Lost your zip mid-day? Feeling sluggish around 4 pm? Running out of steam when you have so much left to do? With life expecting more and more from everyone, we are constantly searching for ways to increase our vitality and meet the day's challenges. In our race against the clock, we often turn to sugary snacks for a temporary surge — only to find ourselves exhausted at day's end.

Alert! Is The Natural, Healthful Way To Improve Stamina And Endurance

Alert! has been specially formulated so that you can maintain your optimum performance levels throughout the day without depleting the body's storehouse of vital nutrients. This superb energy-booster utilizes the age-old benefits of adaptogens to help sustain the body's energy-producing systems. The secret is in the blend of ingredients that works to improve your energy level while replenishing the body's vital nutrients.

When you're running out of "get up and go" — turn to Alert!

*"Each morning I take Alert. It gives me mental focus and stamina without being 'wired' to get through my hectic day."**

Margie Huestis, Independent Distributor
Troy, Michigan

Suggested
Retail Price
\$34.00



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Get A Great Night's Sleep — Naturally

Lullaby® Nighttime Formula Is A Quantum Leap In Sleep Technology



Tens Of Millions Of Americans Suffer From Disturbed Sleep

Americans lead active lives that often make it difficult to relax at night and fall asleep. This can make it difficult to enjoy life, family

and friends to their fullest and to perform at one's peak at work.

Lullaby Makes Sleep Simple

Our advanced formula provides a unique blend of natural herbs, vitamins and minerals that help you get a great night's sleep. Lullaby places you in a calm, relaxed state so your body's own sleep mechanisms can lead you to a night of peaceful rest. It quiets your mind, eases end-of-day tension and allows you to gently drift off to sleep.

Remember how you slept when you were a child? Wouldn't you love to experience that again?

*"I live across the street from train tracks. Lullaby helps me turn off the noise and worry and wake up refreshed. I also found Lullaby has a natural way of relaxing muscles. I have used it to help patients relax tight jaw muscles and even to help people lesson anxiety for dental procedures."**

Karen O'Donnell, Independent Distributor
Homewood, Illinois

*"Lullaby Nighttime Formula is the best sleep aid on the market today because it works, is safe and does it gently and calmly without any hang over feelings. I wake up, get up and go!"**

Dr. Vincente Rodriguez, Independent Distributor
Toms River, New Jersey

Suggested
Retail Price
\$17.50





You Will Look And Feel Your Best Every Day Of Your Life When You Use Starlight Products

100% Retail Money Back Guarantee

If you're not completely satisfied with any Starlight product, simply return the unused portion within 30 days to your Starlight Independent Distributor for a prompt and complete refund. We guarantee you will be completely satisfied or your money back.

If you'd like to learn about the Starlight business opportunity, talk to the person who gave you this brochure.

To Order Starlight Products, Please Contact Your Starlight Independent Distributor.

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