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BRAGG

HEALTH PRODUCTS & BOOKS

BRAGG NEWSLETTER & HEALTH UPDATES
for FEBRUARY 2009

FREE SAMPLES!



BRAGG HEALTH CRUSADERS

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PATRICIA SAYS...



"You are what you eat, drink, breathe, think, say and do."



BRAGGZYME SUPERIOR SYSTEMIC ENZYMES For a Healthier Cardiovascular System

Each 500 mg Braggzyme capsule contains no less than 2,000 Fibrinolytic Units (FU). This is the dosage recommended by the latest research studies. This is important, as Fibrinolytic units determine the effectiveness of a systemic enzyme supplement.

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FEBRUARY IS HEART MONTH!

According to the American Heart Association, Cardiovascular diseases, including stroke, are our nation's No. 1 killer. For important information on how to prevent, and even reverse heart disease, visit Bragg Health Science Director, Dr. John Westerdahl's [VIDEO](#) page at Bragg.com. Hear Dr. Westerdahl discuss this critical health issue with Dean Ornish, M.D. You can find many more potentially life-saving videos here as well.



HAPPY CHINESE NEW YEAR!

Bragg Liquid Aminos are Better than Soy Sauce



Chinese New Year, or Spring Festival is the most important, traditional Chinese holiday. To all you Chinese food lovers... did you know that Bragg Liquid Aminos are healthier and tastier than regular soy sauce? [LEARN MORE](#)

STAY HEALTHY!

The [HOME PAGE](#) of our Bragg.com website contains links to new health articles daily. We also feature a Monthly Health Article based on newly published research. Visit Bragg.com often live healthier, happier, longer, and more useful lives!

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