



Welcome to Q International Nutraceuticals  
E n r i c h   Y o u r   H e a l t h  
**Restore Your Life Energy!**

# Why Take Q Complete™?

Very few people eat a balanced diet. Even if you do eat well, the nutritive value of our food has deteriorated so dramatically that it is impossible to get what you need from diet alone. Simply put, today's food is not the same food our parents and grandparents grew up eating. Everyone needs Q Complete™!

Supplementation is no longer an option; it is a fundamental **wellness** strategy.

Efficiencies in planting, growing, harvesting, storing, and distributing foods have enabled modern agri-business to produce cheaper food and improve profits. Crops are genetically modified to grow faster, resist disease, and have longer shelf lives. We apply pesticides, herbicides, and fungicides to control pests and use ammonium based fertilizers to compensate for the lack of microorganisms and organic materials in the soil. Consequently, our environment and our bodies are exposed to massive amounts of toxins, and we get fewer and fewer essential nutrients from our food.

## How's Your Broccoli?

Remember when a head of broccoli fresh from the store would have some yellow florets and brown edges to trim off? You had to eat it promptly or it would spoil. Now we buy big, gorgeous, all-green heads of broccoli that can be left in the fridge for a few weeks and still look beautiful!



Today's broccoli may seem like an improvement, but according to USDA data from 1963 to 2000:

- Calcium content is down 50%
- Carotenoids (important antioxidants) plummeted 77%
- Vitamin B2 is now essentially non-existent, falling 99%

Broccoli isn't the only victim. The USDA also reports that:

- Vitamin C in peppers has dropped 30%
- Beta carotene in apples has dropped 41%
- Vitamin B1 in beets has dropped 67%
- Vitamin B3 in carrots has dropped 50%

Reporting their findings in the Journal of the American Medical Association, Harvard Medical School MDs Robert Fletcher and Kathleen Fairfield wrote, "Suboptimal folic acid levels, along with suboptimal levels of vitamins B6 and B12, are a risk factor for cardiovascular disease, neural tube defects, and colon and breast cancer; low levels of vitamin D contribute to osteopenia and fractures; and low levels of the antioxidant vitamins (A, E, and C) may increase risk for several chronic diseases."

"Most people do not consume an optimal amount of all vitamins by diet alone...It appears **prudent for all adults to take vitamin supplements.**"

## 40 Essential Nutrients Q Complete™ has you covered!

- ✓ Vitamins & Minerals
- ✓ Antioxidants & Phytonutrients
- ✓ Herbal Root Extracts
- ✓ Omega 3 Fish Oil Concentrate
- ✓ Green Tea Leaf Extract
- ✓ Fruit & Berry Extracts
- ✓ Alpha-Lipoic Acid
- ✓ Lutein & Lycopene
- ✓ Probiotics & CoQ10
- ✓ Men's Support Blend
- ✓ Women's Support Blend
- ✓ Gluten-free



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# Ingredients: Q Complete™ vs. the Rest!

Ingredient	Q Complete	One-A-Day®	Centrum® Silver®	GNC Mega®
Vitamin A	5000 IU	3500 IU	3500 IU	5000 IU
Vitamic C	250 mg	60 mg	120 mg	300 mg
Vitamin D	2000 IU	1000 IU	800 IU	1600 IU
Vitamin E	100 IU	22.5 IU	60 IU	30 IU
Vitamin B-12	600 mcg	18 mcg	100 mcg	50 mcg
Calcium	500 mg	500 mg	500 mg	500 mg
Magnesium	250 mg	120 mg	50 mg	100 mg
Omega III Fish Oil Concentrate	1000 mg	0	0	0
Coenzyme Q-10	10 mg	0	0	0
Probiotic-Lactospore ( <i>Bacillus Coagulans</i> )	300 million CFU	0	0	0
Ashwaghandha Root	100 mg	0	0	0
<i>Panax Ginseng</i> Root	200 mg	0	0	0
Lutein	600 mcg	0	300 mcg	950 mcg
Lycopene	600 mcg	300 mcg	600 mcg	950 mcg
Alpha-Lipoic Acid	50 mg	0	0	0
Green Tea Leaf Extract	200 mg	0	0	70 mg
Antioxidant Fruit & Berry Blend	100 mg	0	0	70 mg

This is only a partial list. Please see supplement facts for a complete list of ingredients and their quantities.



## More reasons to supplement your diet:

The probability of an adequate dietary intake of vitamin A, C, E, folate, calcium, and magnesium is less than 60% for adult men and women! Mean intake of potassium and fiber are well below adequate for all age groups.

(Dietary Guidelines Advisory Committee of the US Department of Agriculture, 2005)

Women that take multivitamins with folic acid for more than 15 years are 75% less likely to have colon cancer.

(Harvard study, 88,000 participants)

Supplementation with multi vitamins is associated with reductions in cardiovascular disease mortality.

(American Journal of Epidemiology, 2009)

Q Complete™ is a premium quality, value-priced, comprehensive daily nutritional regimen. Simply take one pack a day, 3 tablets and 1 gel cap, with a meal. With all the nutrients your body needs to function optimally, Q Complete™ will help you achieve your wellness goals for only about a dollar a day!

# Why Drink Qi Nopal™?

The robust health benefits of the Nopal prickly pear cactus have been known to the people of Mesoamerica for thousands of years.

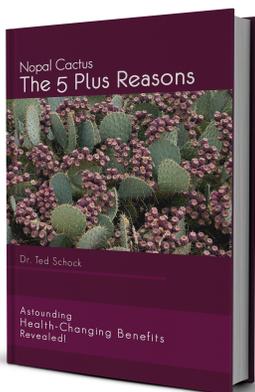
Rediscover the wisdom of the ancients. Experience Qi Nopal™ and **Restore Your Life Energy!**

With nearly 100 studies in the medical and scientific literature that validate the health benefits of the Nopal Cactus, modern science is now confirming age-old knowledge! Research studies demonstrate that the special betalain nutrients found in the fruit of the Nopal Cactus help fight chronic pain and reduce inflammation, lower LDL cholesterol, reduce elevated blood sugars, support the immune and cardiovascular systems, and much, much more.\*

These statements refer to documented properties of generic Nopal. Qi Nopal™ is our proprietary Nopal cactus dietary supplement and is not intended to treat or cure any disease.

*The Dr. Oz Show* shared the Nopal secret with millions of viewers when they featured the cactus in the segments “Bizarre Foods that Fight Cancer” and “The Natural Healer from the Grand Canyon.” Dr. Oz discussed Nopal’s unique cancer-fighting properties, as well as its ability to help treat diabetes.\*

Dr. Ted Schock is one of the top authorities, if not *the* authority, on Nopal. He summarized the multitude of medical and scientific research studies that confirm this cactus’ powerful medicinal properties in his book, *The Nopal Cactus, The 5 Plus Reasons*. Here is what he has to say about Qi Nopal™:



“I appreciate the high standards Q International uses to manufacture their nutraceuticals. Qi Nopal™ is an incredible product with amazing health benefits. **It’s the Nopal brand I use and trust for my family!**”

- Dr. Ted Schock



## Truly a **Powerhouse** Formula!

We use the absolute highest quality gluten-free raw materials, including fruit from the original ancient species *Opuntia ficus-indica*, and this product is manufactured to Pharmaceutical Grade Standards. Quality, potency, consistency, and purity is **guaranteed!** Furthermore, the two most important nutrients in Nopal, the betalains and plant sterols, are **standardized.**

Dietary supplements containing at least 400 mg per serving of free phytosterols taken twice a day with meals for a daily total intake of at least 800 mg, as part of a diet low in saturated fat and cholesterol, **may reduce the risk of heart disease!** Two fluid ounces of Qi Nopal™ contains 400 mg of free phytosterols!

### Highland Nopal Cactus Blend

- Standardized to Betalains and Indicaxanthins
- Free phytosterols standardized to 400 mg per 2oz serving
- Natural fruit juice base – Apple, Lemon, Peach, Orange, Red Beet, Bilberry, Prune, and Cherry

### PhytoNutrient Blend:

- Extracts of Grape Seed and Skin, Green Tea Leaf Extract
- Fruit and Berry Extracts: Elderberry, Blueberry, Blackberry, Raspberry, Strawberry, Cranberry, Pomegranate, Apricot, Mango, and Tomato

### Active Enzyme Blend:

- Concentrates from Papaya Fruit (source of Papain) and Pineapple Fruit (source of Bromelain)
- Plant enzymes: Amylase, Cellulase, Lipase, and Protease

**The most potent Nopal product ever developed, for 30-50% less than comparable functional beverages!**



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# Feel the difference in your own health. Unlock the Healing Power of the Nopal Cactus!

## “My joint pain is completely gone!”

“I was a very overweight, insulin dependent diabetic and also suffered from chronic, severe joint pain and arthritis in my knees and shoulders as a result of injuries incurred in Vietnam.

I started using Qi Nopal™ in February, and my blood sugar immediately dropped from 262 to 184. Six months later, I’m completely off insulin, my A1C has been dropping consistently, and my blood pressure is now normal.

My joint pain is also completely gone. I’m off all my pain medications and no longer need to use my cane or knee braces. I can go up stairs now without being on all fours!

I’m also dropping fat like crazy! I’m down 2 shirt sizes and had to punch new holes in my belts to keep my pants up! I’ve tried all kinds of nutritional supplements over the years; nothing ever helped. This is an amazing product.”

**Jim S.** *North Carolina, USA*



“My snoring problem, which my wife has endured for years is gone. I also had a large mass, a cyst, under my armpit that has shrunk. My sleep has improved dramatically; No more tossing and turning or waking in the night. I’ve used natural products for 30 years, and can safely say that Q’s products are the best I’ve found.”

**Pastor Ashley E.** *Florida, USA*

## “No more pain meds!”

“I’ve been in pain for 20 years because of severe arthritis in my lower back. I also had kidney disease, high blood pressure, high cholesterol and was on a total of 6 medications.

I started using Qi Nopal™ and Q Complete™ 4 months ago. My pain is completely gone, no more pain meds, and I’m off all the other prescriptions except for my blood pressure pill! I just had a check up with my Nephrologist, after 3 months of no meds, and my test results were the best they’ve been in 2 years. I was having to get up a bunch of times at night to go to the bathroom. Now I only get up once, and sometimes not at all.”

**Charles J.** *North Carolina, USA*

## “Deep, restful sleep!”

“I’ve taken good quality supplements for years and am in good health. However, since I started using Qi Nopal™, 3 to 4 ounces in the morning, my acid reflux which has been an issue for years *is gone!*

I also now sleep really well, a deep restful sleep. Whether I sleep 4 hours or 8 hours, I awake feeling refreshed and I’m energetic all day long.”

**Carole A.** *Massachusetts, USA*



## “My blood sugar dropped to 138!”

“I have had terribly painful Gout for years. Just before being introduced to Q products, I had been in very bad pain for 3 days; it was hard to walk. With just one 4oz bottle of Qi Nopal™, my Gout pain was completely gone!

I am also a diabetic. My blood sugar was almost 300. The nurse was ready to send me to the hospital. I added Q Complete™ and Q Daily Cleanse™, and in just a few days, my blood sugar dropped to 138!

I have also noticed that my joints feel more flexible every day. I’ve tried lots of different nutritional products and have never noticed much difference. These products actually work!”

**Eliud P.** *Puerto Rico*

## “My blood pressure is normal for the first time!”

“My #1 product is the Qi Nopal™. I had suffered with high blood pressure from the age of 20, and had to use meds for over 18 years before having a mild stroke and then a heart attack. Other natural products have helped lower my pressure over the years, but once I added Qi Nopal™, my pressure is now normal for the very first time!

I recommend the Women’s Complete to all women, as it corrects the hormonal imbalance we develop with age. My body has “changed back” and is balanced again. Q Daily Cleanse has cleared up my skin and made it clean and smooth. I recommend this product to all who suffer from digestive issues and constipation.”

**Janice M.** *Certified Nutritional Consultant, St Croix, USVI*

“My LDL, or bad cholesterol, went from 197 to 138 after being on Qi Nopal™ for just 6 weeks! The doctor couldn’t believe it. A year later and it’s now 105. My PSA has also dropped dramatically.”

**John B.** *North Carolina, USA*

These results may not be typical. Personal experiences may vary. We do, however, guarantee your satisfaction!

# Why Use Q Daily Cleanse™?

Q Daily Cleanse™ is truly a remarkable product designed to maintain the health of your digestive tract and enhance elimination. There is no equal in the marketplace! Decades of experience with fiber and herbal cleansing products went into the formulation of this product.

According to Mayo Clinic, a high fiber diet can:

- ✓ Normalize bowel movements\*
- ✓ Lower blood cholesterol levels\*
- ✓ Help control blood sugar levels\*
- ✓ Aid in weight loss\*

According to the American Dietetic Association, most Americans only consume 12-17 grams of fiber a day. Yet the recommended intake is 20-35 grams a day!

If you are not consuming at least 6-10 servings of fruits and vegetables a day, you are a very, very long way from optimal fiber intake levels.

A fiber-rich diet is linked to **longevity!**

A research study by the National Cancer Institute with 388,000 people ages 50-71 reported that those who consumed the most fiber had a *significantly* lower risk of dying over the nine year period (Fiber ranges: Men: 12.6-29.4 grams, Women: 10.8-25.8 grams). In the 9 year study, 20,126 men and 11,330 women died. Over 50% of the deaths were due to cardiovascular disease and cancer. **People with the highest amounts of fiber intake were 22% less likely to die!**



A pooled analysis study by the National Institute of Health of 10 cohort studies of 91,058 men and 245,186 women over 6-10 years concluded that consumption of dietary fiber from cereals and fruits is inversely associated with risk of coronary heart disease.

**Free yourself of harmful toxins--**  
cleanse your colon with healthy fiber!

- ✓ Reduce excess body toxins\*
- ✓ Boost beneficial blood levels\*
- ✓ Promote healthy weight & longevity\*
- ✓ Improve absorption of nutrients\*

As you become more regular and cleanse your lower intestinal tract and colon, you may feel less bloated, have more energy, and notice significant improvements in your overall health and well-being.\*

**Q Daily Cleanse™**

a unique, gluten-free proprietary blend:

**High Quality Soluble & Insoluble Fibers**

- Psyllium Seed Husk
- FIBERSOL 2®
- Nopal Cactus Fiber

**Flax Seed & Black Walnut Leaf  
Synergistic Herbal Blend**



- ✓ Powerful enough to cleanse and detoxify the body
- ✓ Gentle enough to use every day!

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# Ingredients: Cleanse vs. the Rest!

Ingredient	Q Daily Cleanse™	Metamucil®	Citrucel® Orange
Dietary Fiber Content	8 g	3 g Psyllium Fiber	2g Methyl-cellulose fiber
Proprietary Digestive Blend	7925 mg: Psyllium Seed Husk, Fibersol-2®, Nopal Cactus Fiber, Black Walnut Leaf	See Dietary Fiber	See Dietary Fiber
Flax seed	2780 mg	0	0
Fennel Seed	100 mg	0	0
Licorice Root	600 mcg	0	0
Aloe Vera Leaf	75 mg	0	0
Grapefruit Pectin	75 mg	0	0
Papaya Fruit	60 mg	0	0
Slippery Elm Bark	60 mg	0	0
Marshmallow Root	60 mg	0	0
Rhubarb Root	60 mg	0	0
Alfalfa Leaf	60 mg	0	0
Guar Gum	15 mg	0	0
Peppermint Leaf	15 mg	0	0
Uva Ursi Leaf	15 mg	0	0
Stevia Leaf Extract	50 mg	0	0
Calories Per Serving	40	45	60
Sugars Per Serving	0	9 g	15.6 g



**“I feel great and wouldn’t ever go a day without this product. I’ve used other fiber supplements over the years, but nothing that works like Q Daily Cleanse™!”**

I started with 1 scoop a day in some water and increased to 2 scoops after a week or so. I was worried that it would give me diarrhea, but that wasn’t the case at all. It just “moves things” though quickly and gently. After using Q Daily Cleanse™ now for several months, I feel great and wouldn’t ever go a day without this product. Plus it’s nice to always have a clean colon and hardly need toilet paper!”

**Sue S. Missouri, USA**

“I’ve suffered with irritable bowel syndrome for approximately five years. It kept me from feeling secure about being anywhere that was more than two minutes away from a bathroom. I tried many solutions but they either didn’t help or created too many side effects, like embarrassing gas.

**Within four days of using Q Daily Cleanse,™ I noticed a significant improvement in the stabilization of my digestive system.”**

**Pauline P. Delaware, USA**

**“I’m off all my prescription medications!”**

“I’ve always been a “sickly” person who caught everything that went around. I’ve suffered with severe allergies, sinusitis, eczema, and asthma. I took regular doses of Zyrtec, Zyrtec D, Benadryl, Albuterol, Singulair, a portable nebulizer, and always carried an Epi-Pen (fun times, NOT).

I was introduced to Q Daily Cleanse™ over a year ago and I began to take it on a regular basis. After doing my research, I decided to double up on the Cleanse intake. I can say that because of these 4 daily scoops, I have more energy, I have not had one single allergy episode (even in one of Maryland’s worst summers), I have not been sick, and my skin has improved tremendously, and I’m off all my prescription medications!”

**Heather F. Maryland, USA**

Results may not be typical. Personal experiences may vary. We do, however, guarantee your satisfaction!

# Our Commitment to Your Wellness **Quality, Potency, & Purity!**

Q's Nutraceuticals are manufactured to the highest standards in a state-of-the-art facility in the U.S.A. Our custom manufacturer is a fully compliant GMP manufacturing and packaging facility, licensed and regularly inspected by State and Federal health authorities.

Q's custom manufacturer has been audited and quality approved by key industry certifying bodies including NSF International and Kosher certification (all major authorities). Their reputation for quality extends around the world to clients in 36 countries. They are one of a select group of manufacturers to have received certification and approval from Australia's Therapeutic Goods Administration (TGA). As dietary supplements for the Australian market must be **manufactured to pharmaceutical standards**, TGA approval is the ultimate confirmation of superior quality.

Our manufacturer's ongoing commitment to superior quality is backed up by a rigorous analysis of all the products they manufacture in their own in-house testing laboratories. Their Quality Control and Analytical Development Department includes a highly trained staff of 15 degreed chemists supervised by a resident Ph.D. The department performs testing and inspection pertaining to the approval and release of all incoming raw materials and finished products.



## Q Nutraceuticals: You'll Feel the Difference **60 Day Satisfaction Guaranteed!**

We're confident that you'll be thrilled with your results. Use as many and as much of our products for a full two months, and if you're not completely satisfied, simply return the empty containers! 100% money back guarantee, no questions asked.

For more information, please contact:

[QInternational.com](http://QInternational.com)  Made in America



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