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"If You Use Sunscreen, This is Urgent Information You Must Have"

Sunscreen blocks your body's production of vitamin D. Most brands contain toxic free radical generators which I believe can increase your risk of disease. Here's the ultimate way to protect yourself this summer...



You may be one of those people for whom summer is **far** too short!

But like it or not, most of you only have a few short months to enjoy the great outdoors in most of the continental US. Why waste it dealing with the two most vexing hassles of the outdoor summer season?

After spending six or more months stuck inside buildings under cover from rain, snow and sleet, you rush out and spend all day on a Saturday or Sunday in the sun. Not only is the golf course beckoning, but so is yard work, the kids' sporting events, and the grill.

It's easy to overdo your sun exposure in your quest to finally spend *some* time outdoors... especially when your skin is lily-white from being inside for months -- and not used to the sun.

There are many simple lifestyle changes you can make to radically decrease your risk of sunburn, such as choosing your essential fatty acids wisely, increasing raw vegetables loaded with skin protecting antioxidant phytonutrients, and avoiding processed foods and sugars.

I go into more details in the video so be sure and watch it.

Clothing Can Protect You -- Especially Caps

Additionally you can use clothing wisely to avoid sun induced skin damage. My favorite is a cap which allows me to avoid wearing sunglasses and benefit from all of the 1500 wavelengths in sunshine. But the cap also keeps the sun off the very thin skin around my eyes which is particularly sensitive to photoaging damage from the sun.

However if you are looking for an additional level of protection beyond clothing then my team has come up with something that will really work for you and your family.

Daytime sun isn't the only summer headache you can have.

Ever been out on a beautiful summer evening enjoying the afterglow of sunset and onset of stars -- only to have it ruined by ten thousand pesky mosquitoes? Or was that ten million? In several states, mosquitoes have been dubbed the "state bird". Nasty little critters!

In a damp year, mosquitoes don't limit themselves to evening warfare either.

They love sultry, still, humid days ... and parks, campgrounds, wooded and swampy areas, and even your own backyard in broad daylight! Hard to escape them! Worse, they'll sneak into your house and buzz around your bedroom while you try to sleep.

Now, you could try solutions like DEET-based insect repellents -- but I certainly don't recommend it. In a moment, I'll tell you why that's a **non**-solution, and provide you with a viable all-natural alternative.

Equip yourself now to have a ton more fun this summer with this **Summer Survival Kit ...**

The Case AGAINST Using Sunscreen -- Even "Natural" Ones -- Except for This NEW Exclusive Lotion from Acapulco...

It's true.

I normally advise against using sunscreens. Even most "all-natural" sunscreens.

As a subscriber to my weekly newsletters, you may already know this. And if you aren't familiar with the reasons, I'll share them with you in a moment. But first, I need to get something off my chest.

Natural sunlight's potential to harm you has really been blown out of proportion. This is thanks to many doctors, health officials, advertisements, beauty experts, corporations, and well-meaning friends. They basically tell you that you need to stay out of the sun because the sun will kill you. This simply isn't true.

For starters, there is little scientific evidence to justify the many health campaigns that urge you to completely avoid the sun. Avoiding the sun just doesn't make sense. And it certainly doesn't make any sense when study after study shows that ...

The Sun is Not Deadly

In fact, the sun is healthy for you. Think about it. How could it be any other way?

After all, your ancestors survived outdoors, working outside under the sun's rays far more often than they were indoors and out of the sun.

This brings up an obvious question.

How on earth would it be possible for your body to end up being configured in such a way that the sun is now a deadly threat to you, me, and the entire human race?

Like I said, it simply isn't true.

That's not to say sunlight can't be harmful. Of course, it can be...

For instance, long-term, excessive exposure to sunlight can increase the risk of certain types of skin cancer. Yet moderate sun exposure is less dangerous than sporadic sun exposure.

Plus, there's a good deal of evidence that sun exposure without sunburn significantly *decreases* the risk of melanoma (a more deadly form of skin cancer.) So safe sun exposure is key.

What You Should Know About UVA and UVB Rays

Ultraviolet light from the sun comes in two main wavelengths -- UVA and UVB. It's important for you to understand the difference between them, and your risk factors from each.

Consider UVB the 'good guy' -- though of course you can't de-select UVA if you're going to be in the sun. UVB helps your skin produce vitamin D.

UVA is considered the 'bad guy' because it penetrates your skin more deeply and causes more free radical damage. Not only that, but UVA rays are quite constant during all the hours of daylight throughout the entire year.

By comparison, UVB waves are low in morning and evening and high at midday.

So, if you're out early in the morning or late in the day, you get lots of UVA (bad guy) and not much UVB (good guy). Not a good way to produce vitamin D. Plus you increase your risk of cancer if that's your only sun intake, and you fail to protect your skin.

What's more, have you ever gotten a scorching sunburn on a cloudy day? You think you don't need to protect yourself and you wind up being really sorry you didn't. That's the UVA rays at work. They can break through cloud cover and pollution and do some real damage your skin.

Kind of a Catch 22.

How Sunscreens Keep You from Enjoying the Many Benefits of the Sun's Healthy Rays

As you may know, wearing a sunscreen on your uncovered skin blocks your body's production of vitamin D. In fact, sunscreens reduce vitamin D production by as much as 97.5 to 99.9%. And interfering with your body's production of vitamin D by 97.5 to 99.9% may have dire health consequences.

After all, vitamin D plays a crucial role in your overall health and well-being. For example, this superb vitamin is known to:

- ✔ **Support your cardiovascular health**
- ✔ Promote optimal cholesterol levels
- ✔ **Enhance your muscle strength**
- ✔ Help produce optimal blood pressure levels
- ✔ **Help maintain a healthy immune system**
- ✔ Support healthy kidney function
- ✔ **Promote healthy teeth**
- ✔ Help keep your bones strong and healthy



Please understand -- this list of important benefits represents a tiny fraction of the ways vitamin D keeps you healthy and fit. And, although you can get vitamin D from natural food sources, experts agree on one thing.

Natural Sunlight is Far and Away the Best Way to Get Your Vitamin D!

And it is the ultimate way. Why? Because as soon as the sun's ultraviolet rays strike your skin, your body is programmed to do something remarkable. It starts producing its own natural vitamin D.

Better yet, your body produces the most active form of vitamin D in existence -- calciferol. Also known as vitamin D3. Vitamin D3 is actually the *precise* form your body needs for the proper functioning of your organs and cells.

And luckily for all of us, our bodies automatically generate enough of it with virtually no risk of overdose. They just know when to stop producing natural vitamin D before it can reach toxic levels.

However, elevated vitamin D levels obtained strictly from oral supplements can take six months or longer to normalize. That's why I don't recommend supplementing your vitamin D with pills. If you do take vitamin D supplements, you need to get your blood levels tested regularly to avoid toxicity.

With natural sunlight, you may be wondering what precautions you need to take...



Sun: Good for you, so long as you **don't burn**. Protect your skin from overexposure with **Natural Sunscreen** today.

Should You Use a Sunscreen to Guard Against SUNBURN?

Absolutely! But **not any kind of commercial sunscreen**. More on that in a moment -- but first, let me just say...

As much as I prefer you steer clear of sunscreens because they interfere with natural vitamin D production, there is one critical exception.

The exception is when it is impossible to limit full body exposure to sunlight! So if you can't limit your exposure for whatever reason, do use a safe sunscreen to protect your skin from sunburn. It is for YOUR own good.

Your risk of getting melanoma may increase in relationship to sunburn frequency and severity. Limiting sun exposure, wearing protective clothing, and using a 100% all-natural, non chemical sunscreen can reduce the risks of skin cancer and other harmful

effects of the sun.

Studies revealed that people who spend more time outdoors *without* getting sunburn, actually *decrease* their risk of developing melanoma.

Now get this:

Safe sunlight exposure has also been shown to protect against as many as sixteen different types of cancer, including breast, colon, endometrial, esophageal, ovarian, bladder, gallbladder, gastric, pancreatic, prostate, rectal, and renal cancers, as well as non-Hodgkin's lymphoma.

So, yes, your body needs a bit of unprotected sun exposure. For all the benefits I've mentioned earlier. But if you can't avoid the following three scenarios:

- ✔ **You're forced to be in the direct rays of the sun for a longer time than is safe...**
- ✔ You must go into intense sunlight without having the opportunity to gradually build up to it...
- ✔ **You're in a situation where blocking the sun with strategic clothing or sunshades is impractical...**

...use a sunscreen to help guard against sunburn. But, don't just slap on any of the standard commercial brands you find on store shelves. With that in mind...

It's Time to Expose the Sunscreen Smokescreen!

In my opinion, corporate greed has created products that are harmful.

I'm talking hundreds of sunscreens that I believe are toxic because they contain man-made chemicals ... chemicals I believe can cause serious health problems and increase your risk of disease. Here's why.

The main chemical used in sunscreens to filter out ultraviolet B light is octyl methoxycinnamate. OMC for short. OMC was found to kill mouse cells even at low doses. Plus, it was also shown to be particularly toxic when exposed to sunshine. And guess what?

OMC is present in 90 percent of sunscreen brands!

But that's not the half of it. A common ultraviolet A filter, butyl methoxydibenzoylmethane, has also demonstrated toxic properties.

Furthermore, several studies show that the chemicals commonly used in sunscreens are absorbed through the skin and end up circulating in your blood stream. Not good. So...

If Your Sunscreen Contains Any of These Chemicals That I Consider Dangerous and Potentially Life Threatening, Do Yourself a BIG Favor...

Dump it in the trash now .

Yes, that's right. Toss your sunscreen in the trash if it contains any of these questionable chemicals:

- ✔ **Para amino benzoic acid...**
- ✔ Octyl salicyclate...
- ✔ **Avobenzone...**
- ✔ Oxybenzone...
- ✔ **Cinoxate...**
- ✔ Padimate O...
- ✔ **Dioxybenzone...**
- ✔ Phenylbenzimidazole...
- ✔ **Homosalate...**



Sulisobenzone...

- ✔ **Menthyl anthranilate...**
- ✔ Trolamine salicylate...
- ✔ **Octocrylene...**

Toss your sunscreen in the trash if it contains any of these chemicals I consider to be potentially harmful.

And, oh yes, let me not forget...

Potentially harmful chemicals such as **dioxybenzone** and **oxybenzone** (*two chemicals I just mentioned*) are some of the most powerful free radical generators known to man!

So if your sunscreen contains dioxybenzone, oxybenzone, or any of the other chemicals I just revealed, I highly recommend you switch to a formula that is safe and healthy for your skin.

And a note to moms ... You are undoubtedly very conscientious about caring for your children. But when you lather up your son or daughter with sunscreen thinking you're doing the right thing, you could in fact be doing more harm than good.

So check the labels on your sunscreen, and throw them out if they contain any of the potentially dangerous chemicals named above. After all, your skin is your largest organ, as your child's skin is theirs.

Fortunately, there's a much better option than chemical-laden commercial sunscreens...

Introducing a Major Breakthrough in All-Natural Sunscreen Lotions

This is the story of an incredible product. So incredible that I know of no other sunscreen lotion that is as beneficial and healthy for your skin.

The name of this 100% all-natural sunscreen is **Natural Sunscreen**. The formula used in this lotion was originally used by Acapulco natives.

In fact, each ingredient in this unique formula serves its own special purpose to nourish, protect, and moisturize your skin. One of those ingredients is GREEN TEA. I included green tea for a couple of good reasons.

First, many studies show that green tea is a powerful antioxidant. Second, recent studies also suggest that green tea may help you reduce the appearance of skin damage from sun radiation. In short, green tea helps protect your skin's cells by providing antioxidant protection.

Simply put, this highly concentrated lotion helps protect you by reflecting UV rays away from your skin. Plus, **Natural Sunscreen** is also water resistant, hypoallergenic, and:

- ✔ **FREE of chemical fragrances...**
- ✔ FREE of parabens (harsh chemical preservatives)...
- ✔ **FREE of nanoparticles** (allows sunscreen to be more cosmetically appealing as it's less visible, yet it remains on your skin's surface)...



This highly concentrated lotion creates a powerful protective shield to reflect UV rays away from your skin.

Active Ingredients in Natural Sunscreen Are ALL Natural

Make no mistake: **Natural Sunscreen** meets the immediate need for a non-chemical sunscreen.

Each active ingredient in this outstanding product has been carefully chosen to specifically protect and nourish your skin. With that said, let's review together all the ingredients you'll find in this 100% all-natural sunscreen lotion starting with:

Titanium Dioxide (6.0%) & Zinc Oxide (6.0%):

These two active ingredients in **Natural Sunscreen** are natural minerals. Minerals that actually come from clay and beach sand deposits. This means, they are not harsh, synthetically-produced chemicals you'll often find in popular brands.

And it may surprise you to find out that **zinc oxide has been used all over the world for over 75 years as a safe sunscreen to help you prevent excessive sun exposure.**

Unlike chemical sunscreens that absorb ultraviolet light, nature provides us with titanium dioxide and zinc oxide ... two

remarkable ingredients that remain on your skin to reflect and scatter away both UVA and UVB rays from your body. How do they do this?

Quite simply, they do it by forming a physical barrier, without irritating or clogging your pores.

Other Natural Ingredients Included in NEW Sunscreen that's Only Available at Mercola.com...

1 Sunflower oil:

Sunflower oil is a superior moisturizer. In addition, it also contains vitamins A, D and E. And this excellent ingredient is often used to moisturize dry, weathered, and aged skin.

2 Lecithin:

Lecithin is found in the membranes of plant cells (soy.) It is widely used in cosmetics as an emollient and water-binding agent.

3 Coconut oil:

Coconut oil has been used by the islanders for many hundreds of years to moisturize their skin. And it moisturized their skin while they attained a glowing, dark tan. Even better, if you have skin sensitivities, it is likely to be mild and gentle on your skin.

4 Glycerine:

Used as an emollient, glycerine improves your skin's natural moisture by attracting just the right amount of water to maintain your skin's homeostasis. Furthermore, research proves the presence of glycerine in the intercellular layer.

5 Jojoba oil:

Jojoba oil is a non-fragrant natural emollient that serves up superior moisturizing and skin conditioning properties.

6 Tocopheryl acetate (vitamin E):

Vitamin E also acts as a natural preservative.

7 Shea butter:

Shea butter is a natural plant lipid used as both a thickener and an emulsifier. What's more, it also has effective moisturizing properties.

8 Eucalyptus oil:

Eucalyptus oil is an essential oil. And when it's mixed with other oils, it is more easily absorbed by your skin. Best of all, it assists other oils to be absorbed in your skin as well. This obviously supports the moisturizing process.

Bottom line, **Natural Sunscreen's** perfect blend of ingredients results in a **pleasant-smelling sunscreen lotion without any chemical fragrances or dangerous artificial chemicals.**

For this reason you can feel great about putting it on your skin, and your kids' skin too.

As with all safe sunscreen lotions, I recommend you re-apply frequently, especially after swimming, perspiring, or towel-drying.

Natural Sunscreen – Now Available in Three Strengths

My **Natural Sunscreen SPF30** provides just the right amount of coverage for most activities. With a full 6% of both **Titanium Dioxide and Zinc Oxide, you know you're covered.**

But, I realize sometimes you would prefer less protection from the sun.

When you desire lighter protection – but the same safe and natural ingredients – my **Natural Sunscreen SPF15** fits the bill. Providing medium protection, **Natural Sunscreen SPF15** contains 3.5% **Titanium Dioxide** and 3.5% **Zinc Oxide**.

There are times when a stronger sunscreen is desirable. Perhaps for your children's delicate skin as they play in the sand and surf. Or maybe when you're out boating or playing golf. You can enjoy the added assurance of maximum protection with the same safe, active and natural ingredients that I use for my **Natural Sunscreen SPF30**.

Sometimes, you may want a stronger sunscreen for your face, your children, if you have particularly fair skin or simply to handle more intense sun exposure. But at the same time, you want all the safe active and natural ingredients found in **Natural Sunscreen**.

For those occasions demanding even greater protection, my **Natural Sunscreen SPF50** offers exceptional UVB and UVA protection. With a higher concentration of Zinc Oxide (22.5%) and 6% Titanium Dioxide, you're getting the highest degree of protection possible. And it's safe for kids and adults alike.

Confident Protection -- Guaranteed

No doubt about it, **Natural Sunscreen SPF 30 & SPF 50** remarkable products. After all, they help protect you and your family against ultraviolet A (UVA) and ultraviolet B (UVB) rays, while helping you achieve a beautiful, glowing, and healthy tan.

Many sunscreens protect against only UVB and offer no protection against UVA.

I'm so sure you'll be delighted with **Natural Sunscreen SPF 30 & SPF 50**. However, if for any reason you are dissatisfied with either one, let me know at any time. Yes, you read that right. Any time. Of course, I will give you a prompt, courteous refund. No questions asked.

How can I make such a bold guarantee? It's simple: I'm betting that once you start using **Natural Sunscreen SPF 30 & SPF 50**, you'll enjoy them so much; you and your entire family will never want to be without either one during the warm weather months.

And there's more...

I'm now offering a 1.5 ounce travel bottle with carabiner (to clip on your belt or keychain).

This travel bottle provides a convenient way to take **Natural Sunscreen SPF 30 or SPF 50** along wherever you go. See order details below.

But read on, because sunburn isn't the only potential hazard of summer...

Carefree Outdoor Living Without the Mosquitoes -- or the Poisons!

Those nasty mosquitoes can drive even the sanest person 'crazy'. And it's really not a good idea to spray a bunch of chemicals on your skin to solve the problem.

But at the same time, I realize that gazillions of mosquitoes can become so annoying that you'll find yourself willing to spray **anything** on!

So when daylight transitions to evening -- or anytime the bugs are bugging you -- **Dr. Mercola's BUG OFF: The Natural Anti-Insect Spray** offers just the solution you need in an all-natural formulation free of DEET.



DEET -- More Dangerous Than You Think!

DEET (N,N-diethyl-3-methylbenzamide) is a chemical that was patented by the US Army in 1946 and is still widely recognized as an effective mosquito repellent. In fact, most commercial insect repellents are made of varying concentrations of DEET.

Every year approximately one-third of the American population uses insect repellents to deter mosquitoes and other pests. Currently, DEET is used in up to 230 different products in concentrations of up to an astounding 100%.

However, all is not well with DEET...

DEET is a pesticide intended to *kill* insects! In case that idea by itself doesn't scare you, read on to discover the health issues it is known to cause.

If It Melts Plastics...

DEET sprays can melt plastic bags and fishing lines. Does that make you wonder what it can do to you?

Duke University Medical Center pharmacologist Mohamed Abou-Donia spent 30 years researching the effects of pesticides.

He discovered that prolonged exposure to DEET can impair cell function in parts of your brain -- demonstrated in the lab by death and behavioral changes in rats with frequent or prolonged use.ⁱ

When these rats had their skin treated with the average human dosage equivalent (40 mg/kg body weight) of DEET, they performed far worse than control rats on physical tests requiring muscle control, strength, and coordination.ⁱⁱ

This is consistent with reports of symptoms after military use of DEET in the Persian Gulf War.

Exposure causes neurons to die in several parts of your brainⁱⁱⁱ -- including areas that control muscle movement, memory, concentration and learning. Abou-Donia says rats given small doses of DEET for 60 days had a harder time accomplishing even the easiest tasks, things as simple as walking.

Heavy exposure to DEET and other insecticides can cause eye and skin irritation, memory loss, headaches, weakness, fatigue, muscle/joint pain, nausea, tremors and shortness of breath. Symptoms can appear months or even years after use.

Abou-Donia believes that although short-term exposure to DEET *might* not be harmful, he warns against **ever** using any product with more than a 30 percent concentration. To me, even that seems a dangerous and risky amount to use.

But wait! It gets worse...



Worse Than DEET

"We found that the combined exposure to DEET and other chemicals is more dangerous than just DEET alone," says Abou-Donia.

Exposure causes neurons to die in several parts of your brain^{iv} -- including areas that control muscle movement, memory, concentration and learning. Abou-Donia says rats given small doses of DEET for 60 days had a harder time accomplishing even the easiest tasks, things as simple as walking.

Insecticides aren't the only problem though. **Skin care products** containing various chemicals can put you at increased risk of chemical contamination with DEET. Products you use on a daily basis, like deodorants, soaps, make-up and *sunscreens* (except **Natural Sunscreen**), when combined with DEET, create greater exposure than DEET alone.

Medications, both prescription and over the counter, can also react with DEET and increase your risk of problems.

Long-term and regular use of DEET -- especially combined with these other chemicals or medications -- can cause brain deficiencies in vulnerable groups, particularly children.^v

Children are more susceptible than adults to subtle brain changes caused by chemicals in their environment, because their skin more readily absorbs them. Their still-developing nervous systems are potentially more affected.^{vi}

Never, ever, ever use any DEET-containing product on infants! And be very hesitant to use it on anyone who you care about -- including yourself.

Many Potential Hazards Lurk in Commercial Bug Sprays

Other potential hazards can lurk in commercial bug sprays, such as the chemical permethrin. It's part the synthetic pyrethroid family, all of which are neurotoxins.

At relatively high doses, its effects are known to include tremors, loss of coordination, elevated body temperature, aggressive behavior, and learning disruption.^{vii} Even at sub-lethal doses it can cause aggressive behavior, disruption of eating habits, and agitation.^{viii} Lab results suggest that it is more dangerous for children than adults^{ix}

The Environmental Protection Agency labeled it as a carcinogen because it causes lung tumors in female mice and liver tumors in mice of both sexes. It's also implicated in chromosome abnormalities in human and hamster cells, and hinders immune function.

But that's not all. It causes environmental damage too.

Permethrin is toxic to honeybees and other beneficial insects, fish, crayfish, and shrimp. It causes deformities in tadpoles and reduces the number of oxygen-carrying cells in the blood of birds. Unfortunately it's found in streams and rivers throughout the United States.

I'm sure you can agree that using sprays containing permethrin is not only bad for you, but bad for the environment!

Then there's S.D. alcohol, used as an anti-bacterial agent, denatured by toxic solvents such as acetone, turpentine and benzene which make it poisonous in moderate to large amounts. Ingestion may cause nausea, vomiting, impaired perception, stupor, coma and death.

And that's just for starters...



Other Potential Hazards that Lurk in Commercial Bug Sprays

Menaces Without Names

Oh ... and have you heard about 'inert ingredients'?

Product containers tell you that it contains a certain percentage of inert ingredients. Two popular commercial insect repellent brands have **unspecified** inert ingredient levels of 68% and 77%.

Unfortunately, it's impossible to know for sure what 'inert' includes, since companies choose not disclose it on their labels or to the public. Care to speculate?

Turns out there's a much better alternative for you and your loved ones ... Because it really doesn't have to be a choice of either mosquitoes or poisons. You can be rid of both!

New! All-Natural Anti-Insect Alternative for Carefree Outdoor Living

Knowing that you'd be appalled to use insect sprays containing DEET and other suspect ingredients (revealed or not) -- yet that you might just get annoyed enough to consider it anyway -- I knew I had to find a better option for you.

That's why I had **Dr. Mercola's BUG OFF** formulated for your summer comfort, fun, and wellbeing.

Dr. Mercola's BUG OFF is chemical-free, has an appealing scent, and is effective against the harassment of biting insects! Plus, it's not harmful to the environment.

It's specially formulated for effectiveness against mosquitoes, fleas, chiggers, ticks, and other biting insects -- giving you back your freedom to enjoy the great outdoors.



Effective against the harassment of biting insects!

Mosquito Defeater Special Ingredients

Each active ingredient in this special formulation of **Dr. Mercola's BUG OFF** is a known natural deterrent to bug bites, so you can feel totally confident in using it freely. You'll love how natural and gentle it is to your skin.

Citronella, lemongrass oil, and peppermint oil have been known to be effective bug deterrents for many years. Many people also consider pure vanillin to be effective against mosquitoes. But vanilla combined with citronella, lemongrass oil, and peppermint oil

-- now there's a **smart combination**.

Citronella:

Oil of citronella has been used for over 50 years as an insect repellent. It protects you from insects without harming or killing them. Citronella's distinctive odor may make it difficult for pests to locate a host. Oil of citronella has been used extensively since 1948 without reports of adverse side effects or concern.

Lemongrass Oil:

Lemongrass oil is an herb widely cultivated in the tropics and subtropics, long appreciated for its ability to repel insects. It has an amazingly fresh, earthy and lemony scent. The amount of citral, the aldehyde responsible for its lemon scent, determines its quality.

If you have sensitivity to lemongrass, please do not use this product.

Peppermint Oil:

Researchers in India -- a nation with a large mosquito problem -- discovered that peppermint oil is effective as more than a flavoring or digestive aid. It also repels adult mosquitoes and kills the larvae. It has been particularly effective against the *Anopheles culicifacies* mosquito, which is a tyrannical menace in the northern plains of India.

Vanillin:

Vanillin (the real deal, not imitation vanilla!) is also considered a substance that keeps bugs at bay, and is included in the **BUG OFF** formulation.

Naturally-occurring sodium benzoate and **potassium sorbate** are included as natural preservatives to prevent bacterial growth. Sodium benzoate occurs naturally in cranberries, prunes, plums, cinnamon, ripe cloves, and apples. It is this food-form of sodium benzoate that's in **BUG OFF**.

Because **Dr. Mercola's BUG OFF** doesn't contain neurotoxins or other dangerous or suspicious ingredients, you can apply generously without fear of reactions or long-term issues. *Caveat: Do not use this product if you are sensitive to lemongrass..*

A Scent You Can Enjoy Using

Besides that -- it smells great! Lemon is the dominant scent in **BUG OFF**. So instead of feeling repelled from even the idea of protecting yourself from bugs, you can reach for **BUG OFF** with the confidence that you won't be walking around smelling like a chemical factory the rest of the evening.

Of course, no matter how great it smells, you won't use it if it doesn't work. Not to worry. Because **BUG OFF** is...

Equal to the Job!

Yes! There *is* a natural product that's as effective as DEET!

In fact, an independent study showed **BUG OFF** to be **more effective than a product containing 100% DEET**.

According to the lab results, unprotected subjects received an average of 16 bites per hour. Subjects using products containing DEET received an average of 2.78 bites per hour, while the **BUG OFF** test subjects received less than one bite per hour, (approximately 1/5 of one bite per hour).

The test, conducted by BassFan Lab, (operated by BassFan LLC) involved three successive test periods over 72 hours.

When tested in rainy conditions, the DEET-based products had to be re-applied to remain effective (re-exposing people to even greater amounts of DEET). But the **BUG OFF** formulation stayed effective without reapplication.

So, who needs DEET anyway? And who wants the exposure to those chemicals?

Great for Kids, and Pets Too!

Many pediatricians are actively recommending **BUG OFF** for young children. (Of course, consult your **own** pediatrician before using on an infant less than six months old.)



The CDC (Centers for Disease Control) and AAP (American Association of Pediatricians) have posted cautions about using DEET products on infants and toddlers. Pediatricians from North Carolina to New Jersey are recommending this all-natural anti-insect alternative for their young patients.^x

This, plus previous concerns about using more natural products, is leading many parents just like you to actively search for more natural alternatives.

BUG OFF is also an ideal natural flea and tick spray for your pets! Keeping harmful chemicals off pets make sense for your pet's sake.

Dr. Mercola's BUG OFF: The Natural Anti-Insect Spray can be used safely on your pets - and you won't have to worry about any hazardous chemicals when your kids love on the dog or cat.

It also makes sense for your children's (and your own) sake. When your kids pet your dog or cat, the chemicals transfer from pet to child ... and think about how often kids put their hands in their mouths!

Protect your pet, yourself, and your child this spring and summer -- from insects *and* potentially dangerous chemicals -- with **Dr. Mercola's BUG OFF**. Everyone enjoys a more

carefree and comfortable summer.

Sports Lovers Love BUG OFF, Too

Outdoor sports lovers, fishermen, campers, hikers and bikers -- and anyone who loves being outdoors -- all love **BUG OFF** because it works! Even in the rain!

Anglers in particular love it because it doesn't have plasticizers that melt their fishing lines, even when sprayed directly on the lines. And when it was sprayed directly onto the lures, the bass still continued to bite!

The bass are fine with it, and so is the rest of the environment.

Eco-Friendly Outdoor Recreation



Dr. Mercola's BUG OFF: The Natural Anti-Insect Spray is your environmentally responsible way to enjoy the outdoors this summer. It's not toxic to you, your children, your pets, your yard, or your planet! You only have one life and one planet -- yours to protect as well as enjoy.



Many eco-parks and geographic regions, particularly in the Caribbean, Mexico and Central America, now require lotions and sprays to be bio-degradable. They are trying to preserve their natural habitat for future generations, and many actively prohibit DEET and Permethrin based products.

What's wise to do at an eco-park is also wise to do in your own backyard and neighborhood, and at the parks and lakes you visit and use locally too.

Everyone Loves BUG OFF -- You Will Too!

Adults, kids, pets, sportsmen, tourists ... everyone loves **BUG OFF**.

I'm absolutely sure you'll be delighted too. In fact, I unconditionally guarantee you will love it or your money back with no questions asked. The same goes for **Natural Sunscreen**.

Just try **Dr. Mercola's BUG OFF** for yourself. The mosquitoes are already hatched and biting. They'll be around for the next four months or so. Wherever your summer outdoor living takes you, enjoy it more *and* protect yourself with **BUG OFF**.

So order today and see for yourself how effective, great-smelling and safe **Dr. Mercola's BUG OFF** is. And how much more enjoyable the outdoors can be without the bugs bugging you.

What's better than ordering *just* **Dr. Mercola's BUG OFF**?

Getting an entire Summer Survival Package of sunscreen plus bug spray!

Ultra-Affordable Outdoor Comfort

I'm sure you're wondering just how much it will cost for you to enjoy greater outdoor comfort than you ever thought possible ... freedom from the bugs, freedom from sunburn, and freedom from worry about exposing you and your family to chemicals.

I'm happy to announce that **your best outdoor comfort ever is possible for a very affordable price.** In fact, there are three ways you can increase your comfort level this summer.

Your Good Deal: Order your bottle of **Natural Sunscreen** at these low prices -- a small amount for the peace of mind and comfort these natural products offer. **Plus get a FREE fillable Travel Bottle.**

Your Best Deal: But it gets even better! If you order a 2-pack of any Natural Sunscreen or Bug Off, you get both comfort-giving products and save BIG. **And, you'll still get that FREE fillable Travel Bottle.**

Your Incredible Deal: Or for your best deal ever, plan ahead and be sure you have enough on hand for all your summer outdoor adventures for your entire family. Order the **Family Summer Survival Kit, which includes each of the following: Natural Sunscreen SPF 15, SPF 30 & SPF 50, Natural Tanning Oil and Dr. Mercola's BUG OFF.** Not only will you save big, but you'll also get a **FREE fillable Travel Bottle.**

So hurry! The mosquitoes are biting, but they don't have to chew on you! The sun is shining, but it doesn't have to burn you.

Make the most of those carefree -- and now comfortable! -- days of summer. **Order now.**



Summer Survival Family Kit BEST DEAL!



List Price: ~~\$85.87~~
Your Price: **\$57.97**

Includes 1 of each of the following:

- Dr. Mercola's Bug Off (8 oz)

You Save: **\$27.90 (32.49%)**

[▶ Order Now](#)

- Dr. Mercola's Natural Sunscreen SPF 50 (5.4 oz)
- Dr. Mercola's Natural Sunscreen SPF 30 (8 oz)
- Dr. Mercola's Natural Sunscreen SPF 15 (8 oz)
- Dr. Mercola's Natural Tanning Oil (8 oz)

Includes 1 FREE fillable travel bottle!

**Sunscreen Kits
GREAT DEAL!**



Select your SPF:

SPF 15 Summer Survival Kit:
2 SPF 15 & 2 Bug OFFs

Also includes 1 FREE fillable travel bottle!

List Price: \$70.88
Your Price: **\$47.97**
You Save: **\$22.91 (32.32%)**

[▶ Order Now](#)

**Tanning Kit
GREAT DEAL!**



Includes 2 bottles of each of the following:

- Dr. Mercola's Natural Tanning Oil (8 oz)
- Dr. Mercola's Bug Off (8 oz)

Also includes 1 FREE fillable travel bottle!

List Price: \$59.88
Your Price: **\$46.97**
You Save: **\$12.91 (21.56%)**

[▶ Order Now](#)

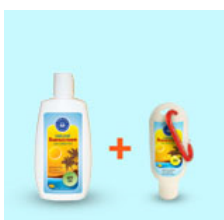
**Dr. Mercola's
BUG OFF**
single 8oz bottle



List Price: \$16.97
Your Price: **\$13.97**
You Save: **\$3.00 (18%)**

[▶ Order Now](#)

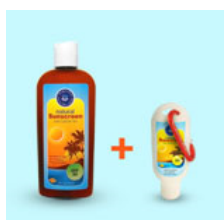
**Natural Sunscreen
SPF 50 - 5.4 oz bottle**
Includes 1 FREE
fillable travel bottle!



List Price: \$21.97
Your Price: **\$16.97**
You Save: **\$5.00 (23%)**

[▶ Order Now](#)

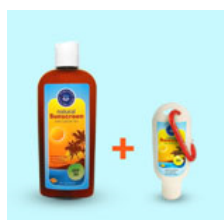
**Natural Sunscreen
SPF 30 - 8oz bottle**
Includes 1 FREE
fillable travel bottle!



List Price: \$18.97
Your Price: **\$15.97**
You Save: **\$3.00 (16%)**

[▶ Order Now](#)

**Natural Sunscreen
SPF 15 - 8oz bottle**
Includes 1 FREE
fillable travel bottle!



List Price: \$18.47
Your Price: **\$14.97**
You Save: **\$3.50 (19%)**

[▶ Order Now](#)

**Also Check Out...
Natural Tanning Oil
with Green Tea**
(8oz bottles)



[Discover More](#)



I am so confident that you will be more than satisfied with your purchase of my **Summer Survival kit**, I am providing a **100% Money Back Lifetime Guarantee** so you can try my **Summer Survival kit** at **NO RISK!** Please contact our customer service department for terms and conditions regarding the money back guarantee.

US Toll Free: 877-985-2695
 International: 847-252-4355
 7am-7pm Mon-Fri | 8am-5pm Sat & Sun



Product Labels (Click to Enlarge)

[Dr. Mercola's Bug Off](#)

[Dr. Mercola's Natural Sunscreen SPF 50](#)

[Dr. Mercola's Natural Sunscreen SPF 30](#)

[Dr. Mercola's Natural Sunscreen SPF 15](#)

[Dr. Mercola's Natural Tanning Oil](#)

Call Toll Free: 877-985-2695

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