

GIVEAWAY

TRAVEL GERM-FREE

CONSIDERATE Traveler provides unique products that turn the stress of traveling into a fun adventure wherever you go, whatever you do. According to the maker, their Message Masks are 100 percent cotton, washable and reusable, with sassy messages that help you spread your words without spreading your germs. The stylish masks also aid in reducing the inhalation of dust, pollen and odors.

We have ten Message Masks that retail for \$15.95 per pack of two to give away FREE. For a chance to win, see page 46. For more information, visit www.consideratetraveler.com.



BLACK CURRANTS BEAT DIABETES!

BLACK currants may be the new secret weapon in the war on diabetes, because the tasty fruit is packed with antioxidants that affect how the body breaks down carbohydrates and sugars, according to scientists.

Researchers at the University of Aberdeen say the berries' antioxidants slash the amount of sugar that ends up in the bloodstream after eating a meal, which would cut the risk of diabetes.

If blood sugar levels spike too high, it can put pressure on the pancreas and prevent the normal release of insulin.

Black currants are gaining a reputation as a "superfood" because of their high levels of

health-boosting compounds. Anthocyanins, which give the berries their characteristic color, have been found by scientific research to have considerable health benefits, specifically regarding the cardiovascular system, urinary tract and vision.

The berries are also described as a great hangover cure because they're easy on the stomach and have a high water content to battle dehydration.

And they're delicious!



WIN \$100 SPOT THE DIFFERENCES



HOW TO ENTER CONTEST #31

ALL you have to do is spot the eight differences between our two cartoons and circle them.

Remember, we are NOT looking for slight differences in color.

Then, either cut out the cartoon or write the differences on a postcard deliverable by the U.S. Post Office and mail it to us.

Don't forget to include your name and address

and a daytime telephone number.

Entries must be received by Aug. 10, 2018.

Winners will be selected on Aug. 13, 2018, and announced in the Sept. 3, 2018, issue.

The FIRST correct entry drawn at random wins \$100.

The next correct entry will receive a \$25 runner-up prize. Entries not properly addressed will be discarded.

Send your entry to:
SPOT THE DIFFERENCES #31
 National EXAMINER
 P.O. Box 5001
 Boca Raton, FL 33431-0801

No purchase necessary. Open to all U.S. residents 18 and over. Allow 6-8 weeks to receive winnings. National EXAMINER assumes no responsibility for late, misdirected or lost mail. All entries become the property of National EXAMINER. Odds of winning depend on number of entries received. Void where prohibited by law. Any information entrants provide to sponsor may be used to communicate with entrant for sponsor's, or third-party, marketing purposes. Prize will be awarded in the form of a check. Check is valid for six months from the date of issuance. If winner does not cash check within six months of date of issuance, check will be invalid, prize will be forfeited, and no alternate prize will be awarded.

EXAMINER puts \$ in YOUR pocket

WINNERS for Contest #26
\$100 winner:
Peggy Spahr, Piscataway, N.J.
\$25 runner-up winner:
 Lissette Cruz, Houston, Texas

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