

GREAT BUYS AT YOUR HEALTH STORE

your heroes

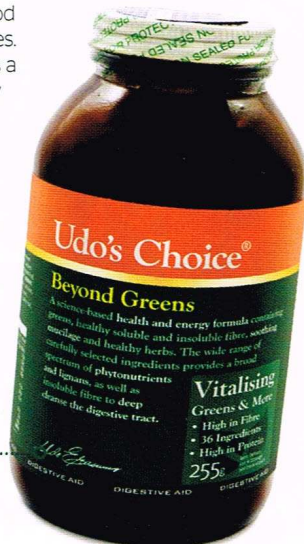
for More Energy!

Need more greens in your diet? Udo's Choice Beyond Greens provides an easy-to-use blend of the finest green foods but goes far beyond a super greens formula!

Why might I need it? Greens are the foundation of good health and our daily diets often lack enough servings of fresh green food due to hectic lifestyle or diet choices. Udo's Choice Beyond Greens gives a whole food boost to energy, vitality and health

What's in it? A super-healthy mixture of green foods, essential fatty acids omega-3 and 6, fibre (both soluble and insoluble), whole food concentrates, antioxidants, phytonutrients and digestive enzymes

OK, where can I buy it? Available from your local health food store. For more information visit: www.udoschoice.co.uk



Feeling tired and run down? Try award-winning **Organic Burst® Açai** as this Amazonian berry may help restore your overall energy levels

OK, why's it so good? Açai does wonders for the skin and body and is 75 times richer in antioxidants than blueberries or grapes. What's more, the antioxidants in Açai have been linked with an increase in energy, stamina and immune system support. Just the thing you need if you're feeling a bit under par

Anything else to add? Organic Burst® Açai is organic, pure, potent and free from fillers

Available? In capsule form from independent health stores and online at www.organicburst.com



Want to sweeten up your winter wellbeing?

Try **EnergyMel** and **LifeMel** from Nu Vitality **Feeling frazzled?** Then boost your energy on those busy days with EnergyMel. The botanical ingredients are known for their restorative and energising properties, including Agnus Castus and Panax Ginseng

Tell me more! Developed with over 30 years research, LifeMel is made by honeybees that are fed on a specific botanical diet, including herbs such as Siberian Ginseng, Echinacea and Calendula and is proven in a number of cases to support immunity

Where do I buy? For more info or to buy, visit www.nuvitalityproducts.com or call 01650 521382

BetterYou™ B¹² BOOST

Pure Energy Oral Spray

B12 The natural way to reduce fatigue and increase energy.

- Contains pure natural energy compounds Vitamin B12, Chromium and Green Tea Extract.
- Sub-lingual spray for optimal absorption.
- All natural ingredients.
- Suitable for vegan and vegetarian diets.

Available from your local health store. For more information visit www.betteryou.uk.com

