

Supplements

Nutrients are essential for cell growth, maintenance and repair and provide energy to enable your body to function efficiently.

Plant based multivitamin

Our bodies and brains can't function optimally without enough vitamins and minerals. A good multi is inexpensive insurance with no downside and the potential for enormous health benefits.

Omega 3

Shown to reduce sudden heart attack by over 65%!

The following is a partial list of diseases that may be prevented or ameliorated with omega-3 fatty acids:

- Coronary heart disease and stroke;
- Essential fatty acid deficiency in infancy (retinal and brain development);
- Autoimmune disorders (e.g., lupus and nephropathy);
- Crohn disease;
- Cancers of the breast, colon, and prostate;
- Mild hypertension; and
- Rheumatoid arthritis.

Bottom line...everyone needs to consume more fish oil!

Digestive enzymes

Ease bloating, gas, and heartburn
Help break up food, making it more digestible.
Support the overall digestive process.

Probiotic

Recent research also suggests that these bacteria can play a role in reducing the development of allergy in children, managing symptoms of inflammatory bowel disease and decreasing the risk of certain cancers.

- Diarrhea
- Antibiotics
- Traveler's Diarrhea
- Inflammatory Bowel Disease
- Lactose Intolerance
- Hypertension
- Cancer
- Small Bowel Bacterial Overgrowth
- Kidney Stones
- Elevated Blood Cholesterol
- Allergy

STUDIES PROVE BENEFITS OF MULTIVITAMINS

Higher kids' IQ. Ten out of 13 studies show that giving children multivitamin/mineral pills raises their non-verbal IQ scores as much as 30%.

Fewer infections. Taking multivitamins for a year boosted immune functioning and cut infections, such as the flu, 40% in diabetics and 50% in the elderly.

Less heart disease. 20% lower risk of heart attacks in men, and women had a 35% lower risk.

Less cancer. Harvard studies show that taking multivitamins containing folic acid cut the risk of colon cancer by 50% in women with a family history of the disease.