

# Natures Aid: Vitamins

# Why Supplement with Vitamins and Minerals?

- Why should we take supplements at all when surely a healthy diet provides all the nutrients we need?
- Soil analysis over the last eighty years has shown up to a 75% decline in nutrients such as zinc and magnesium.
- Commercial farming comes at a price. The cost is the loss of the nutritional value of our crops.
- Premature harvesting of fruits and vegetables does not allow them to reach their natural peak of nutrition.
- Two peaches back in 1951 would have provided the daily requirements of vitamin A for an adult woman.
- Today, we would have to consume 53 peaches to reach those requirements.

## Why Supplement with Vitamins and Minerals?

- The millions of pounds worth of chemical agents that are added to our water, air and food each year have also lead to an adverse effect on our nutrient status.
- Many of us now contain up to 500 known toxins in our tissues that were not found in humans prior to 1940.
- In addition to these concerns the effects of stress depletes the body of vital nutrients whilst processing, storing and cooking can reduce the vitamin content of our food further.
- The problem is that not one of us will have a truly balanced diet.
- A recent survey of 21,000 people was carried out and not one single person achieved the recommended daily allowance for all the basic nutrients.

# Brewers Yeast

## What Is It Good For?

1. Energy production.
2. Sleep support.
3. Insect Repellent.

## How Does It Help?

- A good source of the B group vitamins that are essential for energy release. Also a good natural source of chromium which is very important for blood sugar regulation.
- Gives off an odour that insects do not like but we cannot smell.

# Brewers Yeast

## Why buy Natures Aid?

- Pure Brewers Yeast with all its benefits.
- Suitable for vegetarians and vegans.



## Folic Acid

### What Is It Good For?

1. Neural Tube Defects (Pregnancy).
2. Heart Disease.
3. Anaemia.

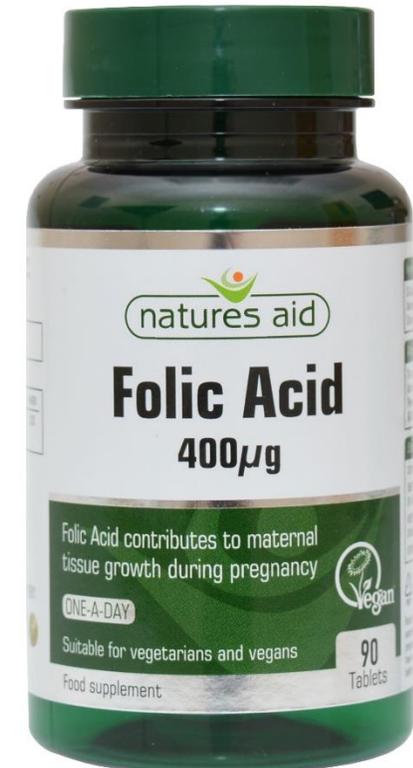
### How Does It Help?

- Folic acid is essential for DNA synthesis and works in the production of red blood cells.
- Alongside vitamins B6 and B12 it helps to reduce the levels of homocysteine, a major risk factor in heart disease.

## Folic Acid

### Why buy Natures Aid?

- Suitable for vegetarians and vegans.
- 400µg is the amount recommended by the U.K. Government's Chief Medical Officer for the prevention of neural tube defects e.g. Spina bifida.



## Niacin (Non Flush) 500mg (Vitamin B3)

### What Is It Good For?

1. Cholesterol reduction
2. Peripheral Vascular Disease
3. Energy

### How Does It Help?

- May have antihyperlipidemic activity and therefore help to reduce cholesterol levels
- Has been shown to be useful in supporting the management of conditions such as Raynaud's disease, intermittent claudication and chilblains.



## Niacin (Non Flush) 500mg (Vitamin B3)

### Why Buy Natures Aid

Natures Aid No-Flush Niacin prevents the flushing reaction (“niacin flush”) which occurs in those taking immediate release or crystalline nicotinic acid whilst still providing the benefits of niacin.



## Vitamin B-Complex/Vitamin B Complex + C

### What Is It Good For?

1. Stress.
2. Mental Health.
3. Low Energy.

### How Does It Help?

- The B-vitamins have a wide range of roles within the body but often act synergistically in certain states where the effects on the body are wide ranging.
- Stress, for example, can affect the quality of sleep, mood, heart health, energy, and even bone health.

# Vitamin B Complex + C

## Why buy Natures Aid?

### B Complex + C

- 50mg of the B-vitamins plus 250mg vitamin C.
- Ideal for those who prefer to divide their water-soluble vitamin over two doses.
- Vitamin C helps immunity while under stressful times.
- Sustained release for several hours of benefit.
- Suitable for vegetarians and vegans.

### B-Complex

- More than a 'safety net' product. Contains up to 5 times the RDA for today's stress levels.
- Suitable for vegetarians and vegans.



# Vitamin B1 100mg

## What Is It Good For?

1. Prevention of deficiency
2. Mental function
3. Prevention of insect bites

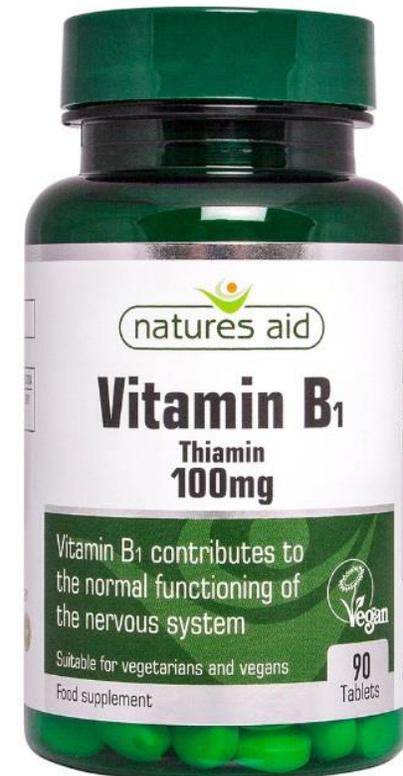
## How Does It Help?

- Thiamine forms part of an enzyme called thiamin pyrophosphate (TPP). TPP is essential for nerve cell function, carbohydrate metabolism and energy production. It also mimics a neurotransmitter important in memory, called acetylcholine. Acetylcholine is severely deficient in patients with Alzheimers, but is partly activated and partly substituted by thiamine.

## Vitamin B1 100mg

### Why buy Natures Aid?

- Each tablet contains 100mg vitamin B1.
- Suitable for vegans and vegetarians.



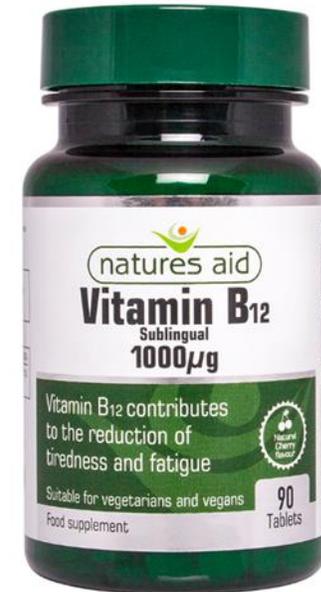
# Vitamin B12 1000µg (sublingual)

## What Is It Good For?

1. Mild Vitamin B12 Deficiency (up to 1000µg daily).
2. Pernicious Anaemia (1000-2000 µg daily).
3. Depression in the Elderly.
4. Support for those on PPI medications.
5. Support for Vegetarians & Vegans.

## How Does It Help?

- B12 is primarily found in meats, fish and cheese. Alternative sources of B12 used by vegans, is not the same form of B12 as found in animal produce.



## Vitamin B12 1000µg (sublingual)

### How Does It Help?

- The elderly, stressed people and those on PPI medications will not be producing intrinsic factor, which is required to absorb B12 in the stomach, due to low stomach acid levels. Sublingual B12 bypasses the need for stomach acid and intrinsic factor as it is absorbed in the mouth.

### Why Buy Natures Aid?

- Each Natures Aid Vitamin B12 tablet provides 1000µg in a pleasant cherry flavoured sub-lingual tablet for rapid absorption.

# Vitamin C

## What Is It Good For?

1. Immune Health.
2. Antioxidant.
3. Arthritis.

## How Does It Help?

- Vitamin C plays a major role in collagen formation and iron absorption.
- Studies have shown the importance of vitamin C for keeping the immune system functioning effectively.

# Vitamin C

## Why buy Natures Aid?

- 1000mg available in Low Acid and Effervescent tablets.
- 500mg chewable sugar free tablet for children and those who dislike large tablets, sweetened with stevia and containing sorbitol.
- The low acid option is for those with delicate digestive systems.
- Effervescent is sweetened with sucralose and is convenient to take.
- All are suitable for vegetarians and vegans.



# Vitamin D3 1000iu

## What Is It Good For?

1. Bone Health
2. SAD
3. Immune Health

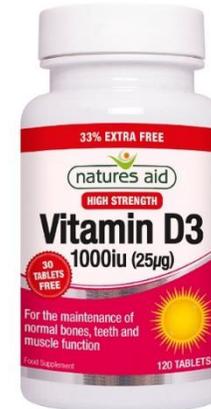
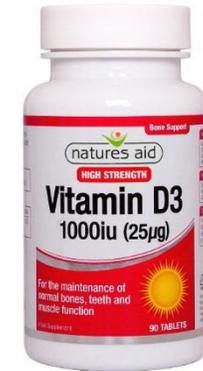
## How Does It Help?

- Vitamin D is particularly important in skeletal development and bone mineralization.
- It plays an important role in controlling genes that support the immune system.
- Vitamin D is a precursor of several hormones including testosterone.

## Vitamin D3 1000iu

### Why buy Natures Aid?

- 1000iu tablet.
- Suitable for vegetarians.



## Vitamin E 200iu/400iu Capsules

### What Is It Good For?

1. Circulation.
2. Antioxidant.

### How Does It Help?

- Vitamin E is the most powerful antioxidant vitamin.
- In addition to this it is also involved in cell respiration, reproduction, skin health, maintaining sulphur containing amino acids and enhancing vitamin A activity.

## Vitamin E 200iu/400iu Capsules

- **Why buy Natures Aid?**
- Guaranteed GM Free
- Each capsule contains either 200iu or 400iu of natural d-alpha tocopherol.
- 12mg or 24mg of mixed tocopherols added to each capsule for enhanced absorption.
- The capsules are in a base of sunflower oil for optimal absorption of this fat-soluble nutrient.



# Vitamin E (natural) 20,000iu Oil

## What Is It Good For?

1. Skin Care & Scar Prevention
2. Nail & Hair Care
3. Antioxidant
4. Heart & Circulation



## Vitamin E (natural) 20,000iu Oil

### How Does It Help?

- Vitamin E Oil can prevent thick scar formation and accelerate the healing of burns (including sunburn) when used both internally and externally.
- Used externally on stretch marks and eczema/psoriasis it can also be effective at promoting the healing process.
- It is a great skin moisturizer and can be applied to the lips as well as sensitive skin areas such as those around the eyes.
- The oil can also be added to bath water to provide a moisturising and relaxing bath.

# Vitamin K2 (MenaQ7) 100µg

## What Is It Good For?

1. Bone Health
2. Cardiovascular Health

## How Does It Help?

- Osteoblasts (cells that make bone) produce a Vitamin K-dependent protein called osteocalcin. This protein helps bind calcium in the bone matrix leading to increased bone mineral content. Consequently, the skeleton becomes more resistant and less susceptible to fracture. Osteocalcin needs natural vitamin K2 (MenaQ7®) to function optimally.
- Vitamin K2 has been the subject of significant research into cardiovascular health, including the discovery of the vitamin K-dependent protein Matrix Gla Protein (MGP). MGP is the most potent inhibitor of vascular calcification (build-up of calcium in the arteries), and studies show that it can inhibit, and even reverse this issue.

# Vitamin K2 (MenaQ7) 100µg

## Why Buy Natures Aid?

- Each Natures Aid Vitamin K2 capsule contains 100 µg of MenaQ7® natural vitamin K2 plus 400iu of vitamin D3, and are suitable vegetarians and vegans.
- MenaQ7® is a high-purity, stable and well-researched vitamin K2 as menaquinone-7 ideal for both supplemental and food use.
- MenaQ7® appears to be effective at very low doses with experts recommending 45-180µg per day to maintain bone and cardiovascular health.

