

Natures Aid: Multivitamins & Minerals

Complete Multi-vitamins & Minerals

What Is It Good For?

- Maintaining Good Health and Vitality

How Does It Help?

- Multivitamin and Mineral supplements can help fill nutritional gaps left by a less than ideal diet, and may even have long term benefits on health.
- The following categories could benefit from a daily multivitamin and mineral supplement:
 - People who do not eat at least nine servings of fruits and vegetables per day plus whole grains, low-fat dairy, and small servings of lean meat, poultry or fish.
 - People on a low calorie (less than 1200 per day) weight loss diet.
 - Vegetarians and vegans.
 - Women of child bearing age.
 - People over 60.

Complete Multi-vitamins & Minerals

- People who are lactose intolerant or have food allergies.
- People with a family history of heart disease.

Why Buy Natures Aid?

- Suitable for vegetarians.
- Antioxidant rich with 50mcg of selenium.
- Coated tablet for ease of swallowing.



Beta Glucans Immune Support+

What Is It Good For?

1. Immune Support
2. Cold and Flu Relief

How Does It Help?

- A combination of immune system boosting nutrients alongside anti-catarrhal, anti-inflammatory and soothing actions for those unlucky enough to be suffering from a cold or influenza type virus.

Why buy Natures Aid?

- Contains 150mg of the exciting Beta Glucans (1,3/1,6) plus 200mg Concentrated Garlic and Elderberry as well as Vitamin A, Vitamin D, Ester C, Zinc, Selenium and Copper.



Lutein Eye Complex

What Is It Good For?

1. Eye Health

How Does It Help?

- The product contains a range of nutrients to ensure healthy blood flow to the eye, raise antioxidant levels and strengthen eye tissues.

Why buy Natures Aid?

- Provides a full 10mg of lutein plus bilberry and alpha lipoic acid.
- Also rutin, vitamins and minerals for maximum eye health.



Men Multivitamins & Minerals with Superfoods

What Is It Good For?

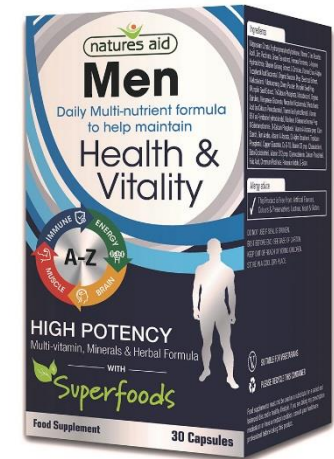
1. Maintenance of good health and vitality

How Does It Help?

- A specific formula designed to meet the health needs of men.

Why buy Natures Aid?

- Contains 12 vitamins, 8 minerals, arginine, carnitine, CoQ10, Siberian ginseng, Montmorency Cherry, Green Tea, Beetroot, Pumpkin and Spirulina.
- Pure fill capsules with no fillers or binders.
- Suitable for vegans and vegetarians.



Multivitamins & Minerals A-Z (with Iron)

What Is It Good For?

1. Maintenance of good health and vitality.

How Does It Help?

- The broad spectrum of nutrients in a multivitamin and mineral formulation ensure that the minimum daily requirement for all key nutrients is met.

Why buy Natures Aid?

- Capsule for ease of swallowing.



Multivitamins & Minerals (without Iron)

What Is It Good For?

1. Maintenance of good health and vitality.

How Does It Help?

- The broad spectrum of nutrients in a multivitamin and mineral formulation ensure that the minimum daily requirement for all key nutrients is met.

Why buy Natures Aid?

- This formula is essentially the same as the complete multivitamin and mineral tablet with two key differences, i.e. there is no iron in the formula and it is not coated.



Pregnancy Balanced Multivitamin & Mineral

What Is It Good For?

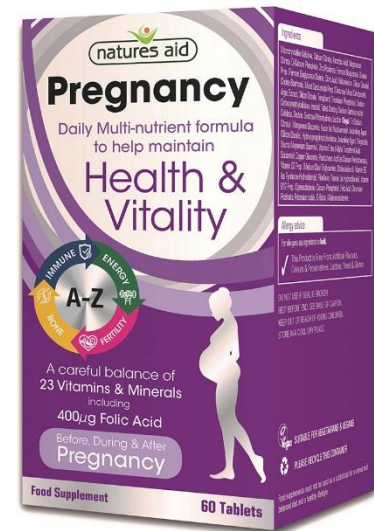
1. Preparation for Pregnancy
2. Pregnancy Support
3. Foetal Development

How Does It Help?

- Natures Aid Prenatal Support provides all the key vitamins and minerals for before, during and after pregnancy and has been especially formulated with this in mind.

Why Buy Natures Aid?

- Each tablet provides 12 vitamins, 9 minerals as well as choline and inositol.





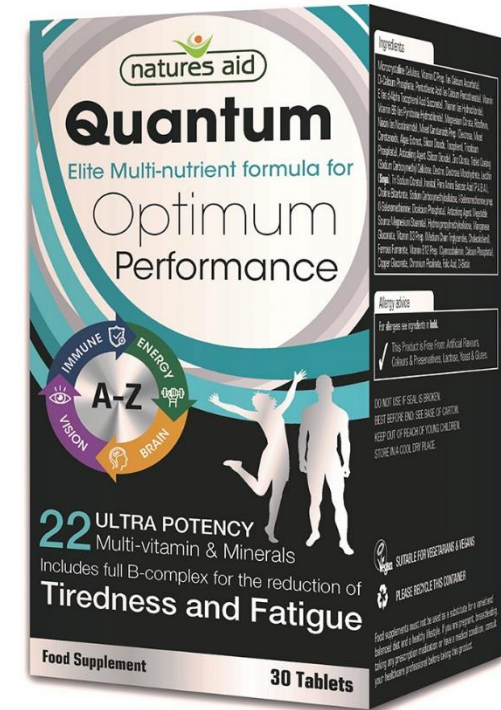
Quantum Elite Strength Multivitamin & Minerals

What Is It Good For?

1. Maintenance of Good Health and Vitality.

How Does It Help?

- A complex high strength multivitamin and mineral tablet using chelates for the minerals.



Why buy Natures Aid?

- High dose (100mcg) of both selenium and chromium, at least twice that of our competitors.
- High level of Vitamin B5 (100mg) to reflect the needs of modern consumer.
- Mixed Carotenoids rather than just beta carotene.
- Vitamin D as D3 - the researched form. Also in the vegan form.
- No iodine, unlike all the other products in this sector due to the number of individuals trying to avoid this mineral because of thyroid disease.
- Low magnesium and no calcium to keep the tablet size manageable. However the magnesium is the highly bioavailable citrate form.

Women Multivitamin and Minerals

What Is It Good For?

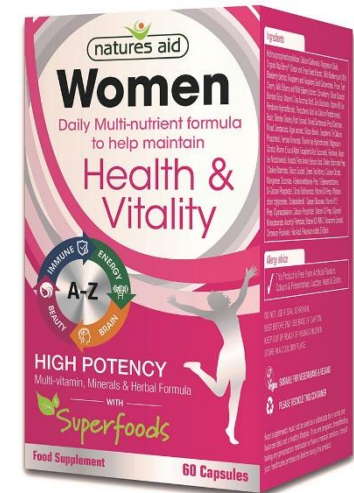
1. Maintenance of good health and vitality

How Does It Help?

- A specific formula designed to meet the health needs of women.

Why buy Natures Aid?

- Contains 12 vitamins plus mixed carotenoids to provide vitamin A, 10 minerals, Siberian ginseng, Green Tea, Rutin.
- Contains a berry blend of 8 key superfoods; grape and grape seed extract, wild blueberry and blueberry extract, cranberry, prune, tart cherry, raspberry and raspberry seed, strawberry, bilberry and bilberry extract.
- Pure fill capsules with no fillers or binders & is suitable for vegans/vegetarians.



Women 50+ Multivitamin and Minerals

What Is It Good For?

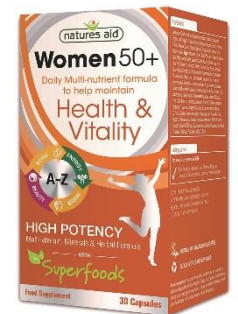
1. Maintenance of good health and vitality

How Does It Help?

- A specific formula designed to meet the health needs of women aged 50+.

Why buy Natures Aid?

- Contains 13 vitamins, 10 minerals, Siberian ginseng, soya isoflavones, sage, Green Tea, Lutein and Acai Berry.
- Contains a vegetable blend of key superfoods; broccoli and broccoli sprouts, tomato, carrot, spinach and kale
- Pure fill capsules with no fillers or binders.
- Suitable for vegans and vegetarians



Chewable Calcium 400mg with Vitamin D3

What Is It Good For?

1. Osteoporosis
2. Rickets
3. Hypertension (high blood pressure)

How Does It Help?

- Calcium is required for the structure of bones and teeth and is also involved in normal muscle function, nerve function as well as blood clotting.
- Vitamin D3 is particularly important in skeletal development and bone mineralization.

Chewable Calcium 400mg with Vitamin D3

Why buy Natures Aid?

- The RDA of 800mg Calcium is found in just 2 tablets.
- Added vitamin D3 to aid utilisation of the calcium.
- Lemony, not chalky.
- Suitable for vegetarians.



Calcium, Magnesium & D3/ Zinc

What Is It Good For?

1. Osteoporosis.
2. Heart health.
3. Nervous system.
4. Immune Health.

How Does It Help?

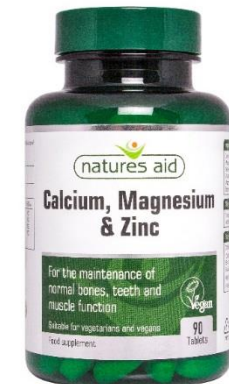
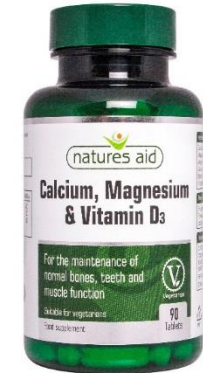
- Calcium and magnesium are needed in a ratio of 2:1 for maximum bone production and are also important in normal nerve and muscle function.
- Zinc is a common deficiency and is important in many processes including bone support.

Calcium, Magnesium & D3/ Zinc

- Vitamin D3 is particularly important in skeletal development and bone mineralization. D3 also plays an important role in controlling genes that support the immune system.

Why buy Natures Aid?

- Calcium to Magnesium ratio is 2:1, as found in bone.
- Each tablet provides 400mg calcium, 200mg magnesium and either 7.5mg zinc or 400iu of Vitamin D3
- The RDAs for calcium, magnesium, vitamin D3 and zinc are met or exceeded by taking just two tablets a day.



Calcium, Magnesium & D3/ Zinc

- Copper is added to the Calcium, Magnesium and Zinc to offset the copper-depleting effects of zinc supplementation.
- Copper also helps form the cartilage onto which the calcium crystals are laid.
- Calcium, Magnesium and Zinc is suitable for vegetarians and vegans.
- Calcium, Magnesium and D3 is suitable for vegetarians but not vegans as the D3 is sourced from lanolin from sheep's wool.

Chromium Picolinate

What Is It Good For?

1. Blood sugar balance
2. Cholesterol
3. Weight loss
4. Athletes

How Does It Help?

- Chromium is a vital component of the “glucose tolerance factor” (GTF). This supports the action of insulin as it causes the cells to take up glucose from the blood, thus reducing blood glucose levels.

Why buy Natures Aid?

- 200mcg Chromium in the form of Picolinate, by far the best researched form.



Iron Bisglycinate

What Is It Good For?

1. Anaemia / Iron Deficiency

How Does It Help?

- Iron contributes to the normal formation of Red Blood Cells. Low Levels of Iron can therefore lead to anaemia.
- Iron is needed for haemoglobin, myoglobin and cytochromes. Haemoglobin transports oxygen to the muscles where it is stored by myoglobin until required. Inside cells, cytochromes take over oxygen transport.
- When iron is scarce, the oxygen supply is restricted and lack of energy and tiredness results.



Iron Bisglycinate

Why Buy Natures Aid?

- Provides 14mg of Iron from Iron Bisglycinate (an easily absorbed, non constipating form of iron)
- Provides 80mg of vitamin C as Ester C. Vitamin C contributes to the absorption of Iron.
- A low level of either Folic Acid or Vitamin B12 within the body is often associated with low haemoglobin levels and therefore both these nutrients are included in our formula for anaemia support.



Magnesium Citrate

What Is It Good For?

1. Circulation.
2. Muscle function.
3. Osteoporosis.
4. Stress and anxiety.

How Does It Help?

- Magnesium is vital to many processes including the management of energy, the formation of proteins and cell replication. It is involved in more than 300 enzymatic reactions. Vitamin B6 increases the levels of magnesium that enter cells.

Magnesium Citrate

Why buy Natures Aid?

- Each tablet provides 125mg of magnesium from 100% magnesium citrate. It is not diluted with cheaper, less effective forms, such as magnesium oxide.
- Each tablet also contains 5mg of vitamin B6 to increase the uptake of magnesium.



Selenium (with Zinc and Vitamins A,C & E)

What Is It Good For?

1. Antioxidant.
2. Circulation and Heart Disease.
3. Immune boosting.
4. Fertility.

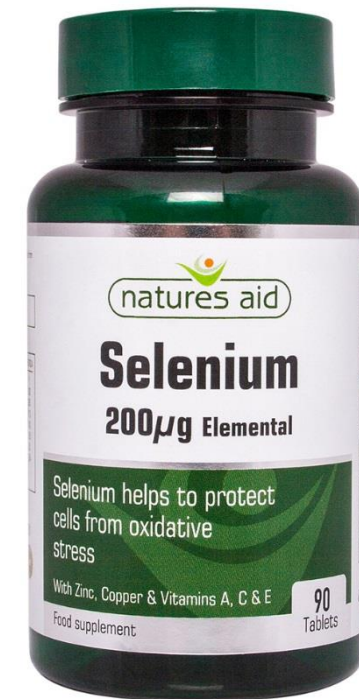
How Does It Help?

- A combination of antioxidant rich nutrients leading to beneficial effects throughout the body.

Selenium (with Zinc and Vitamins A,C & E)

Why buy Natures Aid?

- 200mcg selenium, 4.8mg beta carotene, 33.5mg vitamin E, 90mg vitamin C, 15mg zinc.
- Complete antioxidant with co-factors B6 (2mg) and copper (0.5mg).
- Copper also avoids complications with long-term zinc supplementation.



Zinc Lozenges with Rosehip and Vitamin C

What Is It Good For?

1. Sore Throat.
2. Common Cold.

How Does It Help?

- The ability of zinc lozenges to shorten colds appears to be due to zinc ions having a localised anti-viral action in the throat.
- Zinc has been shown in trials to prevent certain viruses from multiplying.

Zinc Lozenges with Rosehip and Vitamin C

Why buy Natures Aid?

- Zinc in the form of Gluconate, one of the few forms effective as a lozenge.
- Very gentle on the stomach. Ideal for children.
- 4 lozenges through the day supplies the maximum 15mg zinc.
- Added vitamin C to further boost immunity.
- Peppermint flavoured to disguise the taste of the zinc.
- Suitable for vegetarians and vegans.



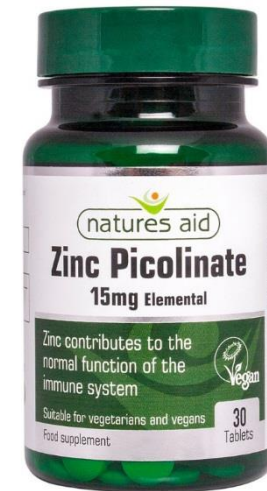
Zinc Picolinate

What It Is Good For?

1. Immune Health.
2. Skin Health.
3. Prostate Support.

How Does It Help?

- Zinc is needed for over 200 different enzymes and therefore covers a very wide range of areas of health. Zinc is required for protein manufacture, sexual development and health, maintenance of the senses and the control of blood sugar and healthy skin.



Zinc Picolinate

Why buy Natures Aid?

- Best researched and absorbed form of zinc.
- Picolinic acid is the very substance the body secretes to speed the absorption of zinc.
- 1mg of copper added to ensure the zinc doesn't cause copper deficiency, as they compete for absorption.
- Copper makes this product safe for long-term usage.
- 15mg zinc is the maximum suggested level by the regulatory bodies for long-term use.
- Suitable for vegetarians and vegans

