

# Natures Aid: Speciality Products Part 1

# Active Man

## What Is It Good For?

1. Erectile dysfunction.
2. Infertility.
3. Sexual Potency.

## How Does It Help?

- The creation and maintenance of an erection requires the production of nitric oxide (arginine) and an increase in blood flow to erectile tissue (Korean ginseng). A lack of zinc can reduce testosterone levels and semen levels. Damiana may also help with the natural decline in testosterone levels. Several months of supplementation with arginine has been shown to increase sperm count, quality and fertility. Sperm count and motility are also said to be improved with Korean ginseng supplementation.

# Active Man

## Why Buy Natures Aid?

- Three Active Man capsules contain 1500mg l-arginine, 900mg Korean ginseng, 450mg Damiana, 500mg Maca and 15mg zinc
- Suitable for vegans and vegetarians.



# Active Woman

## What Is It Good For?

1. Sexual Potency.
2. Infertility

## How Does It Help?

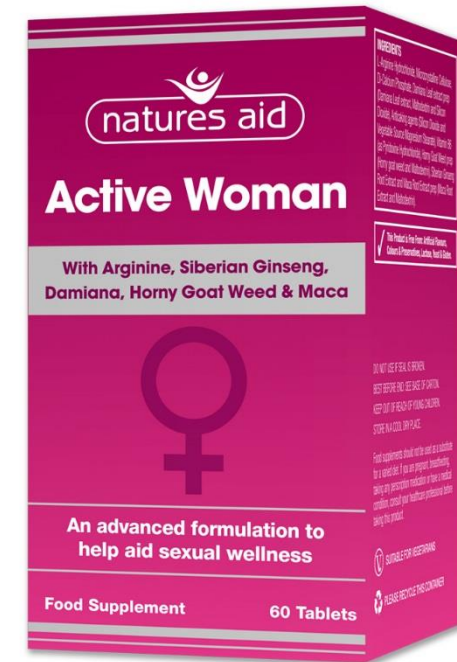
- The production of nitric oxide (from arginine) increases blood flow to clitoral and vaginal tissues making them more responsive. Maca, Damiana, Siberian ginseng and Horny Goat Weed have long been used to help support sexual wellbeing in women and vitamin B6 helps to support hormonal health.



# Active Woman

## Why Buy Natures Aid?

- Three Active Woman tablets contain 1500mg l-arginine, 100mg Siberian ginseng, 120mg Damiana, 50mg Maca, 50mg Horny Goat Weed and 10mg Vitamin B6.
- Suitable for vegans and vegetarians.



# Beetroot

## What Is It Good For?

1. Blood Pressure.
2. Cardiovascular Support.
3. Athletic Performance.

## How Does It Help?

- The blood pressure lowering effects of beetroot have been attributed to the presence of high levels of nitrate. This induces vasodilation and increased blood flow leading to blood pressure reduction. Betaine functions by acting with other nutrients to reduce the concentration of homocysteine, which can be harmful to blood vessels and thus contribute to the development of heart disease, stroke, and peripheral vascular disease.

# Beetroot

## Why Buy Natures Aid?

- 1Kg of Organic Beetroot powder is manufactured from 4.5Kg of juice at 11° Brix obtained from around 6.6Kg of fresh vegetables.
- Natures Aid capsules contain 700mg of beetroot equivalent to 4620mg of dried beetroot.
- Suitable for vegetarians and vegans.
- Organic – Soil Association Approved.



# Collagen Beauty Formula

## What Is It Good For?

1. Skin Health
2. Joint Health

## How Does It Help?

- Unfortunately, collagen production by the human body decreases from the age of 25 years at a rate of approximately 1.5% per annum and it is this lack of effective production coupled with the natural degradation that explains the appearance of wrinkles, dryness and thinning of the skin.
- Collagen found in our joint tissues (type II) is the primary structural protein of cartilage which ultimately provides flexibility and support to the joints.



# Collagen Beauty Formula

## Why buy Natures Aid?

- 500mg of marine (from skate and ray skin) hydrolysed collagen per capsule.
- Added zinc, copper, niacin, riboflavin, biotin, vitamin C and zinc for skin health benefits.



# Odourless Garlic

## What Is It Good For?

1. Cardiovascular Health
2. Antimicrobial

## How Does It Help?

- The components of garlic have been shown to have antimicrobial activity, cholesterol and triglyceride lowering effects.

## Why buy Natures Aid?

- Odourless capsule is in a base of sunflower oil, so guaranteed GM free with no after taste.



# Hair, Skin & Nails Formula

## What Is It Good For?

1. Hair, Skin and Nail Health.

## How Does It Help?

- A blend of nutrients to nourish and strengthen the hair, skin and nail structures.
- Antioxidants and ingredients for growth and pigmentation.
- MSM, Kelp and Aloe vera to nourish and detoxify.

# Hair, Skin & Nails Formula

## Why buy Natures Aid?

- Unique formulation and approach.
- Suitable for vegetarians and vegans.





# Hyaluronic Acid

## What Is It Good For?

1. Joint Health
2. Skin Health
3. Eye Health

## How Does It Help?

- Hyaluronic acid is a major ingredient in the synovial fluid that cushions and lubricates the joints and is becoming increasingly popular as an anti-ageing supplement for skin. It is also the major ingredient in the vitreous humour, the jelly in the eyeball therefore helping to maintain normal eye pressure.

# Hyaluronic Acid

## Why buy Natures Aid?

- 50mg per capsule.
- Suitable for vegans and vegetarians.



# Lecithin

## What Is It Good For?

1. Cholesterol reduction.
2. Gallstones.
3. Dementia.

## How Does It Help?

- Lecithin helps control fat breakdown. Lecithin is a rich source of choline, which makes the important neurotransmitter acetyl choline.

## Why buy Natures Aid?

- More convenient than granules.
- Contains 1200mg of unbleached soya lecithin per capsule.



# Lysine

## What Is It Good For?

1. Cold Sores
2. Shingles
3. Genital Herpes

## How Does It Help?

- Lysine has anti-herpes simplex virus activity.
- This is thought to be due to the way that it interferes with the replication of the virus which thrives on the amino acid arginine.



# Lysine

- **Why buy Natures Aid?**
- Provides a full 1000mg of Lysine from 1274mg of Lysine Hydrochloride.
- Suitable for vegans and vegetarians.



# Osteo Advance

## What Is It Good For?

1. Bone Health
2. Menopause & Post Menopause
3. Heart Health
4. Nervous System

## How Does It Help?

- 20% of adult bone is replaced every year and therefore a regular supply of calcium, magnesium, vitamin D & Zinc is essential for maintaining bone density.
- Calcium helps to keep the heart beat regular and magnesium helps to promote a healthy cardiovascular system and helps prevent heart attacks.



# Osteo Advance

- Both calcium and magnesium are important in the normal functioning of muscle nerves and nerve impulses.
- Osteoblasts (cells that make bone) produce a Vitamin K-dependent protein called osteocalcin. Osteocalcin that helps bind calcium in the bone matrix leading to increased bone mineral content needs natural vitamin K2 (MenaQ7®) to function optimally.

## Why Buy Natures Aid?

- Provides the correct ratio of Calcium and Magnesium for optimum absorption and utilisation.
- Provides the other nutrients important for supporting optimal bone health including Vitamin D3, Vitamin K2 and zinc.
- 2 a day formulation.





# Red Yeast Rice

## What Is It Good For?

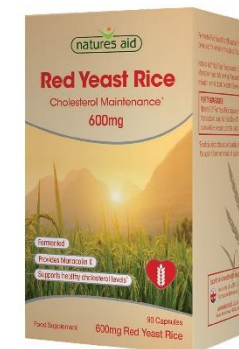
### 1. Cholesterol Maintenance

#### How Does It Help?

- Red yeast rice is a source of monacolin K, a substance also known as lovastatin, and able to reduce plasma LDL-cholesterol concentration. Monacolin K inhibits the production of cholesterol by blocking the enzyme in the liver that is responsible for cholesterol production.

#### Why buy Natures Aid?

- Only Non-GM European Organic rice is used.
- 3 capsules per day provide 10mg of Monacolin K which is required to guarantee the EFSA health claim for cholesterol maintenance.





## Serrapeptase 80,000iu/250,000iu

- A number of products have been shown to be beneficial for inflammation but one in particular generates more positive feedback than any other from consumers; serrapeptase.
- Serrapeptase, known as the silkworm enzyme, is actually produced by a friendly bacterium found naturally within the silkworm, Serratia E15. The enzyme is also known as Serratia peptidase.



## Serrapeptase 80,000iu/250,000iu

- The enzyme is utilised by the silkworm to dissolve its protective cocoon without having a detrimental effect on the living cells of the emerging silk moth.
- It was discovered in the early 1970's and is now produced commercially through a fermentation process ensuring that the silkworm population is not affected.
- Over the past 40 years the benefits of this remarkable enzyme have been the subject of many scientific studies and these combined with practitioners observations have given us a comprehensive list of areas it may help.

# Serrapeptase 80,000iu/250,000iu

## What Is It Good For?

1. Pain and Inflammation.
2. Ear, Nose and Throat.
3. Circulation.
4. Post Operative Healing.

## How Does Serrapeptase Help?

- This enzyme, known as the silkworm enzyme, attacks certain forms of tissue including cysts, arterial plaque and scar tissue. It has powerful anti-inflammatory affects and can block the release of pain inducing substances from inflamed tissue.
- Serrapeptase reduces inflammation in three ways:
  - Breaks down the insoluble protein products of blood coagulation known as fibrin.
  - Thins the fluids created by inflammation or injury and facilitates their drainage which speeds the tissue repair process.
  - Inhibits the release of a specific pain inducing amine known as bradykinin.



## Serrapeptase - Studies

- One particular study carried out in Germany was a double-blind study focusing on a group of 66 patients who were surgically treated for rupture of the lateral collateral ligament of the knee.
- The aim of the study was to determine the effect of serrapeptase on the pain and swelling following the surgical intervention.
- On the third day following surgery, the group that had been receiving the serrapeptase exhibited a 50 percent reduction of swelling, compared to the control group.
- The patients receiving serrapeptase also showed a more rapid reduction in pain than the control.

## Serrapeptase - Studies

- The reduction in pain was so significant that by the tenth day following surgery the pain had completely disappeared.
- The amount of serrapeptase used in this study ranged from 10-20,000iu three times per day.
- Following surgical interventions it has also been noted that people using serrapeptase have less scar tissue.

*(German) Fortschr. Med. 1989. 107 (4), 67-8, 71-2*



## Serrapeptase - Studies

- In another double-blind study, 193 subjects suffering from acute or chronic ear, nose or throat disorders (laryngitis, catarrhal rhinopharyngitis and sinusitis) were evaluated.
- The subjects were given either 20,000iu of serrapeptase three times daily for 7-8 days or a placebo. After 3-4 days treatment, significant improvements were noted with the serrapeptase group while none were noticed in the control.
- The physicians' assessment of efficacy of treatment were excellent or good in 97.3% of patients using serrapeptase compared to 21.9% in the placebo group.

*J. Int. Med. Res. 1990. 18 (5), 379-388*

## Serrapeptase 80,000iu/250,000iu

### Why buy Natures Aid?

- Enterically coated with our unique Entero-coating technology to deliver the enzyme to the small intestine.
- 80,000iu or 250,000iu per vegan and vegetarian suitable tablet.
- Approved food grade enteric coating.





# Soya Isoflavones

## What Is It Good For?

1. Menopause.
2. Osteoporosis.
3. High Cholesterol.

## How Does It Help?

- Soyabeans contain three isoflavones. Isoflavones are compounds of plant origin that belong to a group with mild oestrogenic activity known as phytoestrogens.
- The oestrogenic activity of these compounds makes them ideal candidates for a natural HRT.

# Soya Isoflavones

## Why buy Natures Aid?

- Each tablet contains 50mg of isoflavones.
- Guaranteed non-GM soya source.
- Suitable for vegetarians and vegans

