

London Finest Supplements

The website dedicated to supplying the world's **finest wild-crafted and organic** supplements, health and therapy products **to people** in and around **London**

Healthy Lifestyle

Edition 1

Nature's Sunshine



Detox & Cleanse
Daily Nutrition
Protein Power
Solstic Energy

www.londonfinestsupplements.co.uk

London Finest Supplements

The website dedicated to supplying the world's **finest wild-crafted and organic** supplements, health and therapy products **to people** in and around **London**

Looking Good For Summer

We all want to look and feel our best to make the most of the summer months, and for that we need to feel good inside. To live life to the full we need lots of energy and vitality, so eating a healthy balanced diet and drinking plenty of water is important. To make sure you get the best nutritional value from the food you eat give your body a 'Spring Clean' with the Healthy Starter Pack.

HEALTHY STARTER PACK

The Healthy Starter Pack is a powerful and effective ten day course of six cleansing herbal products which collectively help clear toxins from the bowel, improve elimination, detoxify the kidneys and liver, purify the blood and cleanse the whole body of cellular waste.

The Healthy Starter ten day whole body cleansing programme contains:

- Burdock
- Black Walnut
- Psyllium Hulls
- Cascara & Buckthorn Combination
- Gentian & Cascara Combination
- Peony & Cinnamon Combination

The Healthy Starter programme can be taken alongside a normal healthy diet and comes with a handy little capsule box that fits easily into your pocket or handbag.

LIQUID CHLOROPHYLL

It is important to drink plenty of water whilst taking the Healthy Starter Pack, or any other detox programme.

Add Liquid Chlorophyll to water for a great tasting drink that has effective cleansing properties, making it a valued addition to your detox programme.

'A Natural Cleanser'

Chlorophyll is the substance responsible for a plant's green colour. Among its many benefits, Chlorophyll is a good natural cleanser; it encourages proper bowel movement, helps eliminate body odour, supports a healthy liver and helps balance the pH of the body.

This is a great tasting 'minty drink' which the whole family can benefit from and enjoy throughout the day.

www.londonfinestsupplements.co.uk

London Finest Supplements

The website dedicated to supplying the world's **finest wild-crafted and organic** supplements, health and therapy products **to people in and around London**

PROBIOTICS feel good on the inside

Friendly bacteria are vital to proper development of the immune system, to protection against micro-organisms that could cause disease, and to the digestion and absorption of food and nutrients.

Our bodies contain billions of bacteria that live in a delicate balance with each other and in symbiosis with us. There are more than 500 different strains of bacteria performing different functions.

We provide them with a home and in turn they break down our food into easily absorbed nutrients and act as natural antibiotics by either crowding out, or producing substances to kill unfriendly micro-organisms. They also aid digestion in a variety of ways and promote immunity.

Factors such as stress, disease, environmental conditions or the use of certain medicines can harm these friendly bacteria. Prescribed antibiotics practically wipe out these beneficial organisms.

Probiotics are an important tool for preserving our natural health

When it comes to 'topping up', you need to ensure you are giving your body the best chance of getting the bacteria it needs, and it is therefore, essential to supplement with a multi strain probiotic.

Health specialists recommend the use of a Probiotic supplement after detoxing, and following a course of medication like antibiotics, which can deplete the body's supply of friendly bacteria.



NATURE'S SUNSHINE'S BIFIDOPHILUS FLORA FORCE

Bifidophilus-Flora Force is a milk-free probiotic supplement, providing important strains of friendly flora which naturally inhabit the intestinal tract. These aid the digestion and absorption of nutrients, and help to maintain a healthy immune function.

Bifidophilus Flora Force provides billions of beneficial intestinal micro-organisms that offer a whole range of health benefits.

Bifidophilus contains lactobacillus acidophilus and bifidobacterium longum. Nature's Sunshine added fructo-oligosaccharides, which support the growth of these beneficial organisms, to ensure the potency of this product.

Each capsule contains 3.5 billion friendly micro-organisms, including lactobacillus acidophilus and bifidobacterium longum.

Nature's Sunshine's Bifidophilus capsules are enteric coated which means they release the friendly bacteria in the intestines where it is needed and not in the stomach.

Order stock codes:
5882 Healthy Starter Pack
1580 Liquid Chlorophyll (473ml) (N)
4100 Bifidophilus - Flora Force (Milk Free) (90)



The Healthy Starter Pack is not recommended for children, women who are pregnant or nursing, and people who are experiencing ill health.

London Finest Supplements

The website dedicated to supplying the world's **finest wild-crafted and organic** supplements, health and therapy products **to people** in and around **London**

The Power of Antioxidants

To appreciate the vital role that antioxidants play in health, you first have to understand free radicals, the substances that antioxidants combat.

Free radicals are unstable organic molecules. They want to reach a stable form, but to do so they steal electrons from other substances. Unfortunately, by stealing electrons, they create new free radicals, causing a chain reaction throughout the body that can potentially damage healthy tissue and cells.

We live in a world of free radicals - they're all around us. In fact, many life-promoting functions actually create free radicals inside us. Every moment of every day, your body is fighting a battle against an army of cell-damaging free radicals. Pollution, chemical additives, stress, sunlight and other factors produce or trigger these destabilising molecules.

To combat free radicals the body turns to antioxidants

Antioxidants are organic compounds that have extra electrons. Antioxidants are stable with or without their additional electrons, so they freely give them away to neutralize the harmful chain reaction of free radical stabilization and creation.

ANTIOXIDANT VITAMINS

A great deal of attention has been directed at the antioxidant vitamins A,C and E because of their function in protecting the cells from damage caused by natural body processes, lifestyles, and environmental and chemical pollutants.

These vitamins, along with the trace mineral selenium, help prevent important molecules and structures within the cell from reacting with oxygen, which often injures the cell structure. This process is called oxidation.

Nature's Sunshine has harvested the most healthful fruits and natural extracts from around the world and combined them into this unique delicious, nutritious juice which has been specially formulated to neutralise excess free radicals

MANGOSTEEN

The Thai 'Health Secret'

Mangosteen is one of Zambroza's special ingredients, and Mangosteen contains the highest known level of xanthenes, a family of plant nutrients which are very powerful antioxidants.

Mangosteen fruit has been a health secret in Thailand for years where it is considered, by many traditional healers, to provide significant health benefits. Mangosteen is one of ten powerful ingredients in Zambroza and together make this unique nutritious drink the most powerful antioxidant supplement available.

ZAMBROZA

'unparalleled antioxidant protection'

Brunswick Laboratories, a leading independent commercial laboratory specialising in the science of antioxidants and oxidative stress has recently given Zambroza its seal of approval, certifying that each bottle of Zambroza will deliver unparalleled antioxidant protection.

Evidence from data proves that recommended doses of Zambroza are able to effectively quench various forms of free radicals.

As certified by Brunswick Laboratories, Zambroza is the world's premier antioxidant drink, combining a variety of natural ingredients that synergistically provide health benefits many times greater than the individual benefits of each ingredient. These powerful ingredients help neutralise free radicals.



Zambroza with Mangosteen - available only from Nature's Sunshine

www.londonfinestsupplements.co.uk

London Finest Supplements

The website dedicated to supplying the world's **finest wild-crafted and organic** supplements, health and therapy products **to people** in and around **London**

Get Zambroza - Get Vitality!

Vitality! That's the feeling you get when you wake up in the morning and can't wait to get the day started... and that's the feeling you get when you use Zambroza.

Zambroza is a unique and powerful blend of juices that are naturally rich in antioxidants and specially formulated to neutralise free radicals.

Not only will you feel revitalised but these antioxidants have a powerful effect on the health of the skin helping you to look great too.

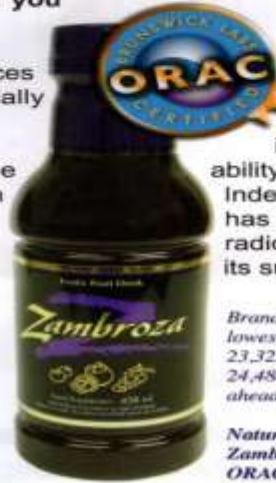
Zambroza helps to:

- Increase Vital Energy.
- Maintain a Healthy Immune System.
- Protect the Body from Excess Free Radicals.
- Replenish the Body.
- Neutralise free radicals
- Support the immune system.
- Supply powerful nutrients that give the body energy and vitality.

Our research scientists conducted a worldwide search to find the healthiest, life giving foods known to man, and the results of this search are incredible.

After careful research and testing, our scientists found ten elite, nutrient rich foods, highly regarded for their amazing nutritional value.

From these foods they created a unique juice blend that not only tastes great but gives your body what it needs to enjoy maximum health and long lasting vitality.



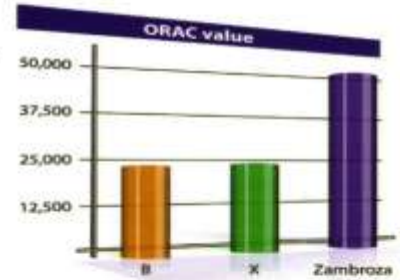
Brunswick Laboratories, studied Zambroza to certify its exceptional product quality.

The Brunswick Lab's certification seal is a 'visible symbol of antioxidant quality', says Brunswick founder and Chairman Jim Nichols.

ORAC (Oxygen Radical Absorption Capacity) is a measurement that calculates the product's ability to neutralise and 'mop up' free radicals. Independent Clinical Research shows Zambroza has a significantly higher ability to neutralise free radicals compared to competitor products, proving its superior protective properties.

Brand B had the lowest ORAC value at 23,323; Brand X, at 24,480, came in just ahead of Brand B.

Nature's Sunshine's Zambroza shows an ORAC value of 51,939, more than double that of the competitors!



Order stock code:
4098 Zambroza (458ml) (V) 4099 Zambroza 4 pack (V)



www.londonfinestsupplements.co.uk

London Finest Supplements

The website dedicated to supplying the world's **finest wild-crafted and organic** supplements, health and therapy products **to people** in and around **London**

Solstic Energy Energy For Everyone



Solstic Energy gives you energy on the go, wherever and whenever you need it. A great alternative to fizzy energy drinks or coffee, and it supports the body's natural energy production. Convenient and easy to use, simply add to 500ml of water.

PORTABLE ENERGY FOR ACTIVE LIVES!

Whether you run, cycle, play or simply work a full day, the game of life demands that you keep up.

To live your life to the full you need plenty of energy. And as more activities fill up our busy daily schedules life can seem quite a challenge. But there's no need to miss out on what life has to offer. Infuse your body with the energy to face life's challenges head-on with Solstic Energy.

Each serving of Solstic Energy contains only 12 calories, 3g of Carbohydrates and no fat.

Solstic Energy provides an excellent range of B Vitamins, has no pharmaceutical grade Caffeine and has a low Glycemic Index.



EFFECTIVE ENERGY - NOW & LATER

Solstic Energy offers you a remarkable taste, packs tremendous energy and delivers health and vitality!

It's a fantastic alternative to Coffee, Tea, Fizzy drinks and other 'energy' drinks that provide a quick, sugar-fueled rush followed by an abrupt, vitality-sapping crash. Solstic gives you a rich, smooth flavour you can enjoy anytime, completely guilt-free.

Solstic Energy offers a nutrient-rich formula providing an effective energy source without the unwanted jitters and crashes of other energy drinks because of its power-packed ingredients. So you'll have the energy you need now and later.

London Finest Supplements

The website dedicated to supplying the world's **finest wild-crafted and organic** supplements, health and therapy products **to people** in and around **London**



Solstic's delicious and healthy energy drink is created with you in mind. Whether you're 18 or 80, Solstic gives your body exactly what it needs to thrive throughout the day and throughout your life!

WHY CHOOSE SOLSTIC ENERGY?

Many energy drinks work by overloading your body's system with sugar and processed caffeine.

With coffee, tea, colas, and energy drinks, you'll see a tremendous, short-lived boost in energy followed by a significant 'crash' as your body burns through these substances. Long term high sugar and caffeine consumption can lead to a variety of health issues, including dehydration, acidic pH levels, irregular heart rate, insomnia, diabetes and digestive issues. Solstic's blend of natural, energy-releasing ingredients gives added stamina without added risk.



Order stock code:
6501 Solstic Energy (1 box of 30 sachets) (V)
9684 Solstic Energy (4 pack 120 sachets) (V)



SOLSTIC, PURE NATURAL INGREDIENTS

- **Yerba Mate**, a powerful herb that has been used for thousands of years to increase endurance, enhance metabolism, and give the body long-lasting energy.
- **Green tea extracts**, rich in properties that help increase calorie and fat metabolism, which creates energy.
- **Guarana Seed**, containing naturally occurring caffeine that is absorbed more slowly than other forms of caffeine.
- **B Vitamins**, the most important vitamins for giving you the energy you need to work all day. Helps metabolise carbohydrates, the main source of fuel for the body.

London Finest Supplements

The website dedicated to supplying the world's **finest wild-crafted and organic** supplements, health and therapy products **to people** in and around **London**

The Importance of Daily Protein

Most of what you can see of your body, and most of what you can't, is made up of protein. Your body's need for protein is constant. Protein cannot be stored in the body so it is crucial to obtain sufficient amounts of good quality protein every day.

SYNTHESIS

When protein is consumed, the body effectively breaks down complex protein into amino acids. The body utilises these amino acids in the synthesis of a vast array of structural and enzymatic proteins. These proteins are functional, they cannot be stored in the body, and are not readily available for some other use. Should the body experience a severe protein shortage it will eventually draw on the body's own structural protein, such as skeletal muscle tissue.

Proteins are needed to build and maintain all body tissue, inside and out. They make up the enzymes and hormones that control all chemical reactions in our bodies, and regulate activities like digestion, metabolism and body temperature. Other proteins in the blood are antibodies - your defenders against disease and infection.

HIGH QUALITY PROTEIN - LOW FAT FORMULA

SynerProTein is a unique low-fat formulation of non-genetically modified soya protein providing all the essential amino acids your body needs, combined with cruciferous vegetables, vitamins, minerals and herbs.

- Provides 20 grams of soya protein per serving.
- Great source of all nine essential amino acids.
- Contains a blend of herbs and cruciferous vegetables that provide important micronutrients.

Mix SynerProTein with your favourite soft fruits to enjoy a delicious nutritious breakfast shake.

In an NSP Power Shaker mix one scoop of chocolate flavoured SynerProTein and one scoop of TNT (orange flavoured fibre drink) then add cold water and shake.

Add one scoop of SynerProTein to a blender with one scoop of TNT. Add chilled water and a fresh banana.

In a blender add one scoop of SynerProTein Original, your favourite fresh fruit, one serving of Zambroza and a glass of chilled water.

Order stock codes:
2914 SynerProTein Original (448g) (V)
2905 SynerProTein Chocolate (448g) (V)
2877 NSP Power Shaker

Thanks to sophisticated nutritional engineering, SynerProTein will help you obtain complete, high quality vegetable protein without the calories, cholesterol and fat of other protein sources.

SynerProTein is one of the most carefully formulated, well-respected protein supplements available today and is designed to provide high quality protein which is dairy free, wheat free, yeast free, gluten free and virtually fat free.

SynerProTein also contains the exclusive SynerPro Concentrate, which provides a rich and wholesome base of fruits and cruciferous vegetables with antioxidant benefits.

SynerProTein contains no milk, eggs or animal derivatives and is therefore an excellent source of protein for those on a vegetarian diet. It contains no artificial flavours, sweeteners, colours or preservatives.

SynerProTein was originally formulated by Dr James Scala. Nutritionist to astronauts and olympic athletes, and the author of a wide range of best selling books, including "Prescription for Longevity".



www.londonfinestsupplements.co.uk

London Finest Supplements

The website dedicated to supplying the world's **finest wild-crafted and organic** supplements, health and therapy products **to people** in and around **London**

ESSENTIALS, FIBRE & WATER

Fibre is an important part of a healthy diet, but it's not always easy to obtain as much daily fibre as you need. As part of a healthy diet, doctors recommend consuming a minimum of at least 20-35 grams of dietary fibre each day. Most people however, get less than half that amount in their diet.

ARE YOU GETTING ENOUGH?

Fibre, also known as bulk or roughage, is a substance found in all plants that are eaten for food, and it is essential for maintaining healthy intestines and colon. Fibre performs important functions within the body. Insoluble fibre absorbs water, softens stools and moves materials through the intestines. It also helps to balance the pH acidity levels inside the intestines. Soluble fibre binds with fatty acids and prolongs stomach emptying time so that sugar is released and absorbed more slowly.

Fibre provides a host of benefits to several body systems, and as most of us don't get enough fibre in our daily diet, supplementation is a great alternative.

GREAT TASTING TNT DRINK

TNT is a high fibre supplement which contains a balance of 18 different sources of fibre plus an array of vitamins and minerals.

It also contains vitamins and minerals that are essential for good health. TNT provides soluble fibre which helps the body maintain a healthy digestive system, and it's also a good source of insoluble fibre which helps maintain a healthy circulatory system.

TNT contains beta carotene, lycopene and other carotenoids. It has no added sugars and only contains natural fruit sugar. Plus, it contains more nutrients than a full kilo of fresh vegetables, including fibre, vitamins and minerals.

Flavoured with natural orange, TNT has a great natural taste that the whole family can enjoy. Simply mix with water or fruit juice.



Each serving of this delicious, orange cream flavoured drink mix provides 12g fibre, 12 vitamins, 11 minerals, and antioxidants. It can be used daily as a meal replacement or as a supplement to any diet. The fibre in TNT is obtained from 18 different fruit, vegetable and grain sources.

Order stock codes:
4300 TNT (532g)
2877 NSP Power Shaker

To get the best out of eating fibre you need to drink plenty of water, as dehydration may cause constipation and increase the time that waste is left in the bowel, prolonging exposure of the bowel lining to absorption of potentially harmful compounds.

Water makes up about two-thirds of our body weight. And it's important for this to be maintained because most of the chemical reactions that happen in our cells need water. We also need water for our blood to be able to carry nutrients around the body.

Drinking water helps some of the nutrients that you eat to be absorbed

As your body works it produces waste products and some of these waste products are toxic. The body gets rid of these toxins through the kidneys in urine, which is mainly made up of water. We also lose water through evaporation when we breathe and sweat. As the temperature rises and as we do more activity, this increases the amount of water the body loses.

To stay healthy, you need to replace the fluids you lose. And don't forget, if the weather is hot or you are exercising, you will be losing even more water.

In climates such as the UK, it is recommended that we should drink 6 to 8 glasses of fluid every day to stop us getting dehydrated - more in hotter climates, so why not make water more inviting with Liquid Chlorophyll.

LIQUID CHLOROPHYLL

Liquid Chlorophyll makes water into a great tasting, refreshing drink that you can enjoy throughout the day. Not just a great tasting 'minty drink', Chlorophyll is a good natural cleanser, helps eliminate body odour, helps balance the pH of the body and leaves breath minty fresh.

Preservative Free

Liquid Chlorophyll has a paraben-free formula that uses all-natural vegetable source glycerine. Glycerine is not a true preservative, but a stabilising component that acts to inhibit the growth of microbes.

Order stock code:
1580 Liquid Chlorophyll (473ml) (V)



London Finest Supplements

The website dedicated to supplying the world's **finest wild-crafted and organic** supplements, health and therapy products **to people** in and around **London**

Vitamins and Minerals For Optimum Health

Vitamins and minerals are essential nutrients that your body needs in order to function properly, and the body needs a regular daily supply of vitamins and minerals to maintain good health.

Vitamins and minerals are generally introduced to our body through the food we eat, but modern day farming, pesticides and fertilisers used to speed up the growing process has robbed the soil of essential nutrients, and in turn has depleted the nutritional value of our crops.

There are two types of vitamins your body requires to survive, fat-soluble and water-soluble

Fat-soluble vitamins are found mainly in fatty foods such as animal fats (including butter and lard), vegetable oils, dairy foods, liver and oily fish. The body can store fat soluble vitamins in the liver and fatty tissues for future use. Fat-soluble vitamins include Vitamins A, D, E and K.

Water-soluble vitamins are not stored in the body, so your body needs a regular daily supply. These vitamins are found in fruit, vegetables and grains, but they can be destroyed by heat, by exposure to the air and by cooking. So when cooking our vegetables we lose lots of essential vitamins from our food. Water Soluble vitamins include Vitamin B6, B12 and Vitamin C, plus biotin, folic acid, niacin, pantothenic acid, riboflavin and thiamin.

We need minerals to build strong bones and teeth, to control body fluids inside and outside cells and to turn the food we eat into energy. Essential minerals include calcium, iron, magnesium, phosphorus, potassium, sodium and sulphur.

Super Supplemental Vitamins & Minerals is an ideal way to augment your daily diet.

Balanced nutrients are often in short supply during periods of physical stress or convalescence, or in a diet consisting of mostly processed foods. Supplementing your diet with Super Supplemental can help fill the void.

One tablet of Super Supplemental Vitamins and Minerals contains:

vitamin A (beta-carotene) 1,000µg
vitamin C (ascorbic acid) 125mg
vitamin D 2.7µg
vitamin E 18mg
vitamin B1 (thiamine) 6mg
vitamin B2 (riboflavin) 4.7mg
niacin (niacinamide) 15mg
vitamin B6 (pyridoxine) 7mg
folic acid 85µg
vitamin B12 (cyanocobalamin) 25µg
biotin 79µg
pantothenic acid 34mg
calcium 105mg
(dicalcium phosphate, citrate, amino acid chelate)
iron (gluconate) 7.5mg
phosphorus 66mg
iodine (potassium iodide) 50µg
magnesium 100mg
zinc (gluconate) 7.5mg
selenium 25µg
copper (gluconate) 0.5mg
manganese 0.75mg
chromium 25µg.



Other ingredients include choline, inositol and PABA. All of this is contained in a base of alfalfa herb, asparagus powder, barley grass juice, broccoli powder, cabbage powder, hesperidin, lemon bioflavonoids, rutin, rose hips, wheat germ and kelp.

CHINESE MINERAL CHI TONIC

This special blend of tonic herbs and naturally chelated trace minerals contains nine Chinese tonic herbs help support the systems that build physical, mental and emotional energy.

This formula contains the following renowned Chinese herbs:

gynostemma herb, lycii berry, schizandra berry, siberian ginseng root and rhizome, astragalus root, deglycyrrhizinated licorice root, reishi mushroom (ganoderma), ginger rhizome and ginkgo biloba leaf.

Each serving provides 180mg of potassium. It also contains white grape juice, glycerin, citric acid and natural apple and cherry flavours.

Order stock code:
1817 Super Supplemental (120)
4037 Colloidal Minerals (473ml) (V)
1818 Chinese Mineral Chi Tonic (946ml) (V)

COLLOIDAL MINERALS

Nature's Sunshine's Colloidal Minerals is made with the finest particle-size colloids that are ready for assimilation into the body, providing enhanced mineral supplementation in a great tasting lemon-lime flavour.

These minerals come from ancient plant deposits, a balance of minerals produced by nature. It contains a full spectrum of macro and trace minerals, many of which are required for daily cell function and structure. pH balanced for maximum benefit.



London Finest Supplements

The website dedicated to supplying the world's **finest wild-crafted and organic** supplements, health and therapy products **to people in and around London**

Vitamin D, More Than Just 'The Sunshine Vitamin'

Vitamin D is a fat-soluble vitamin best known for its roles in preventing rickets and maintaining proper levels of calcium in the blood.

It has generally been thought that if you get enough time in the sun and eat a diet with foods like Vitamin D fortified milk, deficiency will not be a problem. However, many factors come into play when it comes to your body receiving UV exposure to the sun and processing that into vitamin D in the body.

Things like time spent in the sun, age, genetics, use of UV-blocking sunscreens, and even where you live can all have an effect.

Maintenance of Good Health

Vitamin D is an important factor in the maintenance of good health. Furthermore Vitamin D helps in the development and maintenance of bones and teeth, and the absorption and use of calcium and phosphorus.

Anti-Ageing

Anti-Ageing Researchers theorise that inflammation and oxidative stress play roles in the ageing process, and that Vitamin D decreases the levels of compounds that may cause inflammation in the body.

Findings from a study published in 2007 suggest that Vitamin D may play a part in slowing the ageing process and the onset of age-related diseases. They concluded that: *"The results demonstrate for the first time that people who have higher levels of Vitamin D may age more slowly than people with lower levels of Vitamin D..."*

Researchers at the UCL Institute of Child Health (ICH) are calling for the swift reintroduction of vitamin D supplements to pregnant women in the UK.

In an article published by the British Journal of Nutrition (BJN), the authors argue that despite a growing body of evidence that links vitamin D deficiency to complications in pregnancy and poor neonatal health, the UK remains the only one of 31 European countries that doesn't have a set vitamin D recommendation for women of reproductive age, whilst also failing to endorse a daily supplement to expectant mothers.

Dr Elina Hyppönen, reader in epidemiology and public health at the ICH and a co-author explains:

"The incidence of vitamin D deficiency in pregnant women in Britain is unacceptably high, especially during winter and spring. This is compounded by a lack of exposure to sunlight and the limitations of an average diet to meet the optimal need.

"In the most severe cases, maternal vitamin D deficiency can be life threatening to a newborn. We believe that the routine provision of a daily supplement throughout pregnancy would significantly decrease the number of mothers who are clearly vitamin D deficient, reducing related serious risks to their babies.

"Our take on vitamin D supplementation in the UK has seen many changes over the decades and we can see clearly from past experience that a proactive approach to supplementation has coincided with a much lower incidence of deficiency linked diseases such as infantile hypocalcaemia and rickets."

Press release : Friday 2 July 2010

NATURE'S PRENATAL VITAMINS & MINERALS

Well balanced nutrition is so important for you and your baby during pregnancy. Eating a healthy daily diet during pregnancy is essential but you may not meet all your nutritional requirements through diet alone. Fill those nutritional gaps with daily vitamins and minerals designed especially to be taken during pregnancy.

One of the most important nutrients for pregnancy is **follic acid**. It's important as women deficient in folic acid are likely to have a greater risk of having a baby with a neural tube defect. **Vitamin B12** plays an important role in making new cells, especially blood cells, and building the nervous system, but vegetarians, vegans and anyone else who doesn't include meat in their diet may not be getting enough

vitamin B12. **Nature's Prenatal** provides a balanced combination of vitamins and minerals to support the nutritional needs of both mother and baby. It also contains ginger root to help soothe the stomach. It's free of artificial colours, flavours, preservatives, sweeteners, sugar, yeast, gluten, lactose, milk, soya and wheat.

Order stock code:
4917 Nature's Prenatal
Multi Vitamins & Minerals (180)
1155 Vitamin D3 (60)



www.londonfinestsupplements.co.uk

London Finest Supplements

The website dedicated to supplying the world's **finest wild-crafted and organic** supplements, health and therapy products **to people** in and around **London**

SILVER SHIELD

LIQUID & GEL FORMULA WITH AQUA SOL TECHNOLOGY

- POTENT SURFACE GERM BARRIER AND DISINFECTANT
- HIGHLY CONCENTRATED BUT NON-TOXIC
- USE AS A WATER PURIFIER AS WELL AS TOPICALLY
- ACTS AS AN EPA-APPROVED SURFACE DISINFECTANT

Scientific research is demonstrating that this form of silver has remarkable effects on a wide range of surface organisms. Research indicates that colloidal silver deactivates the enzymes responsible for the metabolism and multiplication of bacteria, fungi and viruses. When tested in the laboratory, colloidal silver was found to be effective on a wide range of surface micro-organisms, viruses, protozoa, amoeba, fungi, and yeasts.

SILVER SHIELD GEL IS THE MOST POTENT SILVER PRODUCT CURRENTLY MANUFACTURED

Made with food-grade ingredients Silver Shield Gel is manufactured with a patented process called Aqua Sol Technology and uses only the finest particle size colloids to ensure maximum bio-availability and efficiency, providing 24ppm of silver in a clear moisturising gel.

Nature's Sunshine uses the very latest technology and cutting edge methods that provide you with only the very best quality silver products. Silver Shield Gel contains no alcohol, and is safe for children.

Order stock codes:
4950 Silver Shield Gel (85g)
4274 Silver Shield Liquid (118ml) (V)



To Order Please Contact Your Independent Nature's Sunshine Distributor:
Joe Dimon www.londonfinestsupplements.co.uk
enquiries@londonfinestsupplements.co.uk

Nature's Sunshine was established in USA in 1972 and very quickly became the world's largest manufacturer of vitamins, minerals and phytonutrients, producing and distributing over 700 different products to more than 70 countries worldwide. Nature's Sunshine have led the way in pioneering quality control in the supplement industry, with each raw ingredient undergoing more than 300 different quality control procedures to ensure potency, purity and efficacy. Nature's Sunshine will not compromise on quality. They use only the very best organic ingredients from across the world, and manufacture products in their own state-of-the-art manufacturing facility. Nature's Sunshine's products are manufactured to pharmaceutical standards, and their extensive team of researchers include herbalists, botanists, nutritionists, pharmacists, pharmacologists and pharmacognosists who strive to bring you the best, natural, most effective supplements you can buy.

www.londonfinestsupplements.co.uk