

Quality  
nutritional  
supplements  
for your  
healthy lifestyle

## PRODUCT GUIDE

# Health Plus



*nutrition for everyone*

extensive range | made in the UK | no minimum order

*Popular  
Daily Packs*



*Comprehensive  
Multi Formulas*



*Everything from  
A to Zinc*



high quality products | worldwide shipping | free UK delivery



excellence in nutrition since 1988

# GENERAL INFORMATION

## 5 EASY WAYS TO ORDER

 **01323 872277**

Telephone our friendly knowledgeable sales advisors to order or discuss your supplement requirements. Lines are open from Monday to Thursday 8am to 4.30pm and 8am to 3pm on Friday. Outside of these hours, leave a message on our machine for a call back. All our lines use standard rates - not the premium-rate numbers used by some companies. (If you're calling from outside the UK please dial +44 1323 872277)

 **01323 872278**

Fax your order to us 24 hours a day, 7 days a week. (If you're faxing from outside the UK please dial +44 1323 872278)

 **www.healthplus.co.uk**

Why not order securely online?

Make a note of your customer number:

 **sales@healthplus.co.uk**

You can also email your orders or queries to this address.

 **Health Plus**  
**Dolphin House**  
**G1 Chaucer Business Park**  
**Dittons Road**  
**POLEGATE**  
**BN26 6QH**

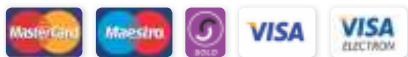
You can of course post your order to us if you prefer, using the supplied order form.



## PAYMENT AND DELIVERY

### Credit & Debit Cards

We accept the following credit/debit cards.



### Cheques

Please make cheques payable to HEALTH PLUS.

### Delivery to your door!

Orders received before noon are normally despatched the same working day by second class mail. Larger orders may take a little longer. \* Delivery is free on all UK orders; see order form for full details. Delivery outside of the UK is charged as per our published rates. Please see [www.healthplus.co.uk](http://www.healthplus.co.uk) or call us for details.

THE HEALTH PLUS GUARANTEE : In case of dissatisfaction, Health + Plus Ltd will undertake to replace, or refund the purchase price of, any of our products. Your statutory rights are not affected

Due to ongoing changes in EU legislation, ingredients shown may vary slightly to allow for full compliance. All product images shown are for guidance purposes only and are not actual size. Registered office: Polegate, East Sussex, BN26 6QH. VAT No.: 583 7403 23. Registered in Cardiff. No.: 01493118. Copyright Health + Plus Ltd 2022. E&OE.



## THANK YOU



...for reading the latest edition of the HEALTH PLUS product guide. Inside you'll find detailed information about our current extensive range.

For ease of use, all the products are grouped into sections, everything from vitamin A - including a gelatin free Beta Carotene capsule - to our comprehensive and convenient Daily Packs - each one aimed at a particular area of optimal health - and a brand new Children's Supplements section!

We also now have a fantastic new Supersavers section; everyday favourites at top-notch value! Just take a look at page 72. We've been developing our range for over 30 years now and in that time we've learnt just what it is that our customers want and need. That's why you can rely on the first class service and excellent quality, superb value, wide-ranging products that we have to offer.

You can purchase from us, 100% secure in the knowledge that we are always on hand to advise you and we will always give you our best possible attention Guaranteed!

### UNDERSTANDING PRODUCT INFORMATION

Product Name	Available Pack Size	Unique Product Code
PRODUCT	Vitality Pack	
PACK SIZE	V-28 Days	
CODE	018	
DAILY INTAKE		
1 Tablet with food		
 This product is registered with The Vegan Society		
 Recommended Daily Intake		

### DIETARY INFORMATION

For ease of use, the following symbols are used in product details throughout this product guide

- S** SUGAR FREE
- W** WHEAT FREE
- V** SUITABLE FOR VEGETARIANS
- L** LACTOSE/DAIRY FREE
- G** GLUTEN FREE
- V<sub>G</sub>** SUITABLE FOR VEGANS
- Y** YEAST FREE
- G<sub>F</sub>** GELATIN FREE
- A** CONTAINS PRE-FORMED VITAMIN A OF 800µg OR OVER  
Do not take if pregnant or likely to become so, except on the advice of a doctor of ante-natal clinic
- P** CONTAINS POLYOLS  
Excessive consumption may produce laxative effects
- M** CONTAINS SOYA BEAN OIL  
Whilst every attempt is made to avoid genetically-modified material, our suppliers cannot guarantee that the material they supply will be 100% GMO Free (Unless otherwise stated)

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### MEASURE AND CONVERSIONS

Ingredients are measured in either grams (g), milligrams (mg), micrograms (µg or mcg) or international units (iu).

- 1 gram (1g) = 1,000 milligrams (1,000mg)
- 1 milligram (1mg) = 1,000 micrograms (1,000µg)
- 0.1 milligram (0.1mg) = 100 micrograms (100µg)

International Units (iu) are used to provide a standard for the different potencies / activity of the various forms of Vitamin A, D and E. They are calculated as follows:

- 3.3iu Vitamin A = 1µg Retinol Equivalent (RE) or 6µg Beta Carotene
- 40iu = 1µg Vitamin D
- 1iu d-Alpha Tocopherol = 0.67mg Vitamin E Equivalent (α-TE)



# VITAMIN A

## VITAMIN A

There are two natural sources of vitamin A; Retinol and Carotene. Retinol is pre-formed vitamin A and is found mainly in animal foods such as liver and fish oils. 90%-95% of vitamin A is stored in the liver.

Carotene is found in plants such as green leafy vegetables and carrots.

Vitamin A is essential for maintaining:

- Good eyesight
- Healthy skin, tissue growth and bone development
- Proper growth and functioning of the reproductive system
- Mucous membranes integrity
- Healthy immune system

## A5000

- A tiny but powerful tablet.
- Contains 5000iu of vitamin A.
- An important antioxidant and potent free radical scavenger.

ACTIVE INGREDIENTS PER TABLET:  
 Vitamin A (5000iu).....1515µg RE  
 (Retinol Preparation)

PRODUCT	A5000
PACK SIZE	30 VTabs
CODE	513

DAILY INTAKE  
 1 Tablet with food



## NATURAL BETA CAROTENE 15mg

- A gelatin free capsule that sets it apart from all the others.
- A powerful free radical scavenger.
- High strength 15mg.

ACTIVE INGREDIENTS PER CAPSULE:  
 Caropure® (30% beta carotene).....50mg  
 which provides:  
 Natural Beta Carotene.....15mg  
 equivalent to:  
 Vitamin A (8250iu).....2500µg RE



PRODUCT	Natural Beta Carotene 15mg
PACK SIZE	30 VCaps
CODE	450
DAILY INTAKE	1-2 Capsules with food



## BETA CAROTENE

A powerful free radical scavenger, Beta Carotene can be consumed in larger amounts than Retinol as it is turned into vitamin A in the wall of the small intestine only when needed. The Government recommends that pregnant women avoid taking too much Retinol, therefore we recommend Beta Carotene in this situation.

## A5000 + D400

- This unique combination sets high standards.
- 5000iu of vitamin A and 400iu of vitamin D combined to give maximum efficiency from each nutrient.
- Both important nutrients for the health of many body systems.

ACTIVE INGREDIENTS PER TABLET:  
 Vitamin A (5000iu) .....1515µg RE  
 (Retinol Preparation)  
 Vitamin D (400iu).....10µg  
 (Cholecalciferol Preparation)

PRODUCT	A5000 + D400
PACK SIZE	90 VTabs
CODE	288

DAILY INTAKE  
 1 Tablet with food



# VITAMIN B



## VITAMIN B

The B Complex vitamins occur naturally as a group and function most efficiently when consumed as a whole. Nature's most synergistic vitamins are required to help maintain the nervous system and cope with everyday stresses. Involved in energy production, B vitamins are highly recommended for anyone who is not following a balanced diet, especially people with high-energy requirements (who need to maximise energy release from food), or who want a supplement for skin, hair and nail care.

B vitamins are water-soluble, so are not readily stored by the body. They should be replaced on a daily basis to avoid possible dietary deficiency.

Take B vitamins together as their synergistic function often depends on the correct balance; this is why we do not recommend taking individual B vitamins without considering increasing intake of the whole group.

The B Complex vitamins are essential for maintaining:

- A healthy nervous system
- The release of energy from carbohydrates, fats and protein in the diet
- Proper digestion
- Healthy skin, hair, eyes, mouth and mucous membranes
- The proper production of healthy red blood cells

**B vitamins - not so complex after all!**

“*Insecticide sprays, food processing and cooking can all reduce the amount of B vitamins available from food.*”

## B100 COMPLEX

- This high strength formulation cuts no corners.
- Providing 100mg of the major B vitamins.
- Yeast free.
- Ideal for anyone requiring a higher daily intake.

### ACTIVE INGREDIENTS PER TABLET:

Vitamin B6 (Pyridoline Hydrochloride) .....	100mg
Thiamin - Vitamin B1 (Hydrochloride) .....	100mg
Pantothenic Acid - Vitamin B5.....	100mg
(Calcium d Pantothenate)	
Niacin - Vitamin B3 (Nicotinamide) .....	100mg NE
Riboflavin - Vitamin B2.....	100mg
Choline di Hydrogen Citrate.....	100mg
Inositol.....	100mg
Para Amino Benzoic Acid.....	30mg
Watercress.....	5mg
Parsley.....	5mg
Folic Acid (Folacin) .....	100µg
Vitamin B12.....	100µg
Biotin.....	100µg



PRODUCT	B100 Complex
PACK SIZE	30 VTabs
CODE	228
PACK SIZE	90 VTabs
CODE	547
DAILY INTAKE	1 Tablet with food



## BREWERS YEAST 300mg

- A traditional source of the major B vitamins.
- Also naturally supplies other vitamins, minerals (such as Chromium) and amino acids

### ACTIVE INGREDIENTS PER TABLET:

Dried Brewers Yeast.....	900mg
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PRODUCT	Brewers Yeast 300mg
PACK SIZE	500 VTabs
CODE	497
DAILY INTAKE	3-6 Tablets with food



## B12 50µg

- An invaluable B vitamin for vegetarians.
- A supplementary source that helps protect daily intake.
- Yeast Free.



ACTIVE INGREDIENTS PER TABLET:  
Vitamin B12.....50µg

PRODUCT	B12 50µg
PACK SIZE	60 VTabs
CODE	496

DAILY INTAKE  
1-2 Tablets with food



## B12 + FOLIC ACID + BIOTIN

- Taking these three key nutrients has never been easier.
- Particularly important during pregnancy.
- Ever popular.

ACTIVE INGREDIENTS PER TABLET:  
Folic Acid (Folacin) .....200µg  
Biotin.....100µg  
Vitamin B12.....25µg

PRODUCT	B12 + Folic Acid + Biotin
PACK SIZE	60 VTabs
CODE	013

DAILY INTAKE  
1-2 Tablets with food



## B12 1000µg



- Maximum strength.
- Popular with anyone on a very strict ethical diet.
- Yeast Free.



ACTIVE INGREDIENTS  
PER TABLET:

Vitamin B12.....1000µg

PRODUCT	B12 1000µg
PACK SIZE	90 VTabs
CODE	597

DAILY INTAKE  
1 Tablet with food



## B12 100µg

- A higher strength B12 tablet.
- Ideal for those that want to take a little more.
- Yeast Free.



ACTIVE INGREDIENTS  
PER TABLET:

Vitamin B12.....100µg

PRODUCT	B12 100µg
PACK SIZE	90 VTabs
CODE	590

DAILY INTAKE  
1 Tablet with food



## FOLIC ACID 400µg

- The simplest way to ensure your 400µg daily intake of this key B vitamin.
- Especially recommended for pregnant women.
- Yeast Free.
- Vegetarian and Vegan.



ACTIVE INGREDIENTS PER TABLET:  
Folic Acid (Folacin) .....400µg

PRODUCT	Folic Acid 400µg
PACK SIZE	60 VTabs
CODE	043

DAILY INTAKE  
1 Tablet with food



## VITAMIN B12, FOLIC ACID AND BIOTIN

These three often overlooked members of the B vitamin family play an important role in the body. Together, they help:

- Maintain the health of the nervous system
- Maintain intellectual and physical alertness
- Form red blood cells, for oxygen transportation and provide a carrier for the iron-containing protein in haemoglobin
- Sustain energy levels
- Synthesise RNA and DNA - the nucleic acids at the source of cell life
- Digest and utilise protein
- Maintain healthy hair and skin

The most common and readily available dietary sources of vitamin B12 are animal-based, so vegetarians and vegans should consider a supplement to make sure they get enough of this vital nutrient.

Folic Acid is required in greater amounts during periods of unusual bio-activity, such as growth and pregnancy, and - as advised by the Government's Chief Medical Officer - we would recommend a supplement of 400µg for women trying to conceive and up to the 12th week of pregnancy.

## B25 COMPLEX

- Uniquely suited to younger people or those who want to "top up" on their B vitamins.
- Containing 25mg of the key B vitamins.



### ACTIVE INGREDIENTS PER TABLET:

Thiamin - Vitamin B1 (Hydrochloride).....	223mg
Riboflavin - Vitamin B2.....	25mg
Niacin - Vitamin B3 (Nicotinamide).....	25mg NE
Pantothenic Acid - Vitamin B5.....	23mg
(Calcium d Pantothenate)	
Vitamin B6 (Pyridoxine Hydrochloride).....	20.5mg
Para Amino Benzoic Acid.....	25mg
Choline di Hydrogen Citrate.....	25mg
Inositol.....	25mg
Folic Acid (Folacin).....	100µg
Biotin.....	100µg
Vitamin B12.....	10µg

PRODUCT	B25 Complex
PACK SIZE	60 VTabs
CODE	546
DAILY INTAKE	
1-3 Tablets with food	



PRODUCT	B50 Complex
PACK SIZE	30 VTabs
CODE	002
PACK SIZE	90 VTabs
CODE	097
DAILY INTAKE	
1-2 Tablets with food	



## B50 COMPLEX

- A long-time favourite and perfect for everyday use.
- Containing 50mg of the major B vitamins.
- Yeast free.
- Superb value.

### ACTIVE INGREDIENTS PER TABLET:

Vitamin B6 (Pyridoxine Hydrochloride).....	50mg
Thiamin - Vitamin B1 (Hydrochloride) .....	50mg
Pantothenic Acid - Vitamin B5.....	50mg
(Calcium d Pantothenate)	
Riboflavin - Vitamin B2.....	50mg
Niacin - Vitamin B3 (Nicotinamide) .....	50mg NE
Para Amino Benzoic Acid .....	50mg
Choline di Hydrogen Citrate .....	50mg
Inositol .....	50mg
Folic Acid (Folacin) .....	100µg
Biotin.....	100µg
Vitamin B12.....	10µg

## VITAMIN B12 500µg SUBLINGUAL

- The popular methylcobalamin-form of B12.
- In a pleasant, blackcurrant flavour sublingual format.



### ACTIVE INGREDIENTS PER TABLET:

Vitamin B12 .....	500µg
-------------------	-------

PRODUCT	Vitamin B12 500µg
PACK SIZE	90 VTabs
CODE	652
DAILY INTAKE	
1 Tablet with food	



## VITAMIN B6

- A readily available addition of B6, an all-round important nutrient, to complement your usual B Complex.
- Yeast free.

### ACTIVE INGREDIENTS PER TABLET:

Vitamin B6.....	41mg
-----------------	------

PRODUCT	Vitamin B6
PACK SIZE	90 VTabs
CODE	289
DAILY INTAKE	
1-2 Tablets with food	



Call: 01323 872277





## SUPER B6 + ZINC

- An outstanding product, combining vitamin B6 and Zinc for maximum effectiveness in a convenient, easy to take tablet formula.
- Zinc is an essential component of many body systems, such as the immune system.

### ACTIVE INGREDIENTS PER TABLET:

Vitamin B6 (Pyridoline Hydrochloride) .....82mg  
Zinc (Gluconate) .....10mg

PRODUCT	Super B6 + Zinc
PACK SIZE	30 VTabs
CODE	007
PACK SIZE	90 VTabs
CODE	120
DAILY INTAKE	
1-2 Tablets with food	



## VITAMIN B6 (Pyridoxine)

B6 works in the body to help:

- Digest and utilise protein
- Manufacture and convert amino acids
- Produce haemoglobin
- Release glycogen from the liver and muscles for energy
- Maintain balanced water levels in tissues
- Process linolenic acid (an essential fatty acid) to build and maintain the integrity of the nervous system and brain

## VITAMIN B5 (Pantothenic Acid)

B5 works in the body to help:

- Digest and utilise fats
- Produce energy
- Maintain healthy brain function
- Maintain healthy skin and hair
- Produce acetyl-choline, (an essential neurotransmitter),
- when taken alongside choline

## CHOLINE

Choline, an important part of Lecithin, works with B5 to produce acetyl-choline (a neurotransmitter) and helps:

- Breakdown fat in the liver
- The movement of fats into cells
- Synthesis of cell membranes in the nervous system

## CHOLINE & INOSITOL

- An enhanced Choline product.
- Partnered with Inositol, to work together for fat metabolism in the liver.
- Also helps to maintain healthy hair.

### ACTIVE INGREDIENTS PER TABLET:

Choline di Hydrogen Citrate.....250mg  
Inositol.....250mg

PRODUCT	Choline & Inositol
PACK SIZE	90 VTabs
CODE	514
DAILY INTAKE	
1-2 Tablets with food	



## SUPER CHOLINE

- A piece of mind combination of Choline and B5, providing the right balance for acetyl-choline production.

### ACTIVE INGREDIENTS PER TABLET:

Pantothenic Acid - Vitamin B5.....253mg (Calcium d Pantothenate)  
Choline di Hydrogen Citrate.....250mg

PRODUCT	Super Choline
PACK SIZE	60 VTabs
CODE	012
DAILY INTAKE	
1-2 Tablets with food	



“

*Sleeping drugs, the contraceptive pill, smoking, alcohol and high-sugar diets are all likely to reduce the levels of Vitamin B in the body.*

”



## VITAMIN C

A potent natural protector and indispensable nutrient, vitamin C is involved in nearly 300 biochemical reactions. A powerful antioxidant and detoxifier, it appears to reduce the risk of a viral attack. Vitamin C is an essential co-factor for the metabolism of many other nutrients. As our bodies are unable to synthesise vitamin C, we must rely on a constant intake from our diet and, as it is the most unstable of all vitamins (and is easily destroyed) it needs to be replenished on a daily basis.

# VITAMIN C



**NEW PRODUCT**

### SOFTER-C 500

- A convenient choice for a nonacidic form of vitamin C.
- Enhanced with Rosehips and Acerola for even more natural vitamin C.

#### ACTIVE INGREDIENTS PER TABLET:

Vitamin C.....	500mg
(Calcium L-Ascorbate)	
Citrus Bioflavonoids.....	25mg
Rosehips.....	15mg
Acerola.....	10mg
Rutin.....	5mg
Quercetin.....	5mg



Vitamin C can help to:

- Assist in the production of collagen - the body's building block for all connective tissue, cartilage, bones, teeth, skin and tendons
- Help in the growth and repair of tissue & maintain normal blood fat & cholesterol levels
- Maintain the function of the immune system
- Assist the absorption of iron from the diet
- Aid haemoglobin and red cell production
- Provide a protective role as a free radical scavenger and antioxidant

PRODUCT Softer-C 500

PACK SIZE 60 V-Tabs

CODE 039

DAILY INTAKE  
1-4 Tablets with food



### CHEWABLE VITAMIN C



- Convenient, chewable, great tasting tablet.
- Providing 500mg all-important vitamin C.
- Combined with bioflavonoids to aid absorption.

#### ACTIVE INGREDIENTS PER TABLET:

Vitamin C.....	500mg
(Ascorbic Acid, Sodium Ascorbate)	

PRODUCT Chewable Vit C 500mg

PACK SIZE 60 V-Tabs

CODE 285

DAILY INTAKE  
1-4 Tablets with food





## VITAMIN C 500mg

- A superb additional vitamin C tablet.
- A perfect complement to any one-a-day multivitamin product.

### ACTIVE INGREDIENTS PER TABLET:

Vitamin C (Ascorbic Acid).....500mg  
 Rosehips.....50mg  
 Citrus Bioflavonoids.....25mg

PRODUCT	Vitamin C 500mg
PACK SIZE	30 V-Tabs
CODE	229
DAILY INTAKE	1-4 Tablets with food



PRODUCT	Vitamin C 1500
PACK SIZE	60 V-Tabs
CODE	241
DAILY INTAKE	1 Tablet with food

## VITAMIN C 1500

- Our mightiest vitamin C.
- Containing 1500mg of Vit C together with Rosehips and Citrus Bioflavonoids to maximise the outstanding formulation.
- Presented in a format for sustained release.

### ACTIVE INGREDIENTS PER TABLET:

Vitamin C (Ascorbic Acid).....1500mg  
 Rosehips.....75mg  
 Citrus Bioflavonoids.....75mg  
 Hesperidin.....25mg



## CALCIUM ASCORBATE POWDER

- The best choice for a non-acidic form of vitamin C.
- Allowing larger amounts to be taken without increasing stomach acidity.

### ACTIVE INGREDIENTS PER GRAM:

Vitamin C (Calcium Ascorbate).....826mg



PRODUCT	Calcium Ascorbate Powder
PACK SIZE	V-250g
CODE	031
DAILY INTAKE	1-2 grams with food



PRODUCT	Vitamin C 500mg Time Release
PACK SIZE	30 V-Tabs
CODE	593
DAILY INTAKE	1-4 Tablets with food



## VITAMIN C 500mg TIME RELEASE

- 500mg of vitamin C.
- A time-release format for sustained body levels of this important nutrient.

### ACTIVE INGREDIENTS PER GRAM:

Vitamin C (Ascorbic Acid).....500mg  
 Rosehips.....50mg  
 Citrus Bioflavonoids.....25mg  
 Hesperidin.....10mg



PRODUCT	Super C 1000
PACK SIZE	30 VTabs
CODE	003
PACK SIZE	60 VTabs
CODE	038
PACK SIZE	90 VTabs
CODE	080
DAILY INTAKE	1-2 Tablets with food



### SUPER C 1000

- Our Super C really is super!
- A natural winner, providing 1000mg of vitamin C.
- Combined with bioflavonoids to aid absorption.
- Our most highly regarded vitamin C product.

ACTIVE INGREDIENTS PER TABLET:  
 Vitamin C (Ascorbic Acid).....1000mg  
 Citrus Bioflavonoids.....25mg



### SOFTER-C 1000

- A convenient choice for a nonacidic form of vitamin C.
- Enhanced with Rosehips and Acerola for even more natural vitamin C.



ACTIVE INGREDIENTS PER TABLET:  
 Vitamin C.....1000mg  
 (Calcium L-Ascorbate)  
 Citrus Bioflavonoids.....50mg  
 Acerola.....20mg  
 Rosehips.....15mg  
 Rutin.....10mg  
 Quercetin.....10mg

PRODUCT	Softer-C 1000
PACK SIZE	30 VTabs
CODE	584
DAILY INTAKE	1-2 Tablets with food



*Vitamin C is the most unstable of all vitamins and is easily destroyed by storage, peeling and cooking so care must be taken in the preparation of foods containing vitamin C.*



### VITAMIN C + ZINC

- Held in high regard, this combination of vitamin C and Zinc really packs a punch!
- Specially formulated to help support a healthy immune system.
- Zinc is also an essential component of many other important body systems.

ACTIVE INGREDIENTS PER TABLET:  
 Vitamin C (Ascorbic Acid).....500mg  
 Zinc (Gluconate)..... 15mg

PRODUCT	Vitamin C + Zinc
PACK SIZE	30 VTabs
CODE	233
DAILY INTAKE	1 Tablet with food





### ASCORBIC ACID POWDER



- Where price and quality meet!
- The most popular and best value supplemental form of vitamin C.
- Simply unbeatable for people looking to increase their vitamin C intake economically.

ACTIVE INGREDIENTS PER GRAM:  
Vitamin C (Ascorbic Acid).....1000mg

PRODUCT	Ascorbic Acid Powder
PACK SIZE	V-250g
CODE	061
DAILY INTAKE	1-2 Grams with food



PRODUCT	Ascorbic Acid & Calcium Ascorbate Powder
PACK SIZE	V-250g
CODE	062
DAILY INTAKE	1-2 Grams with food



### ASCORBIC ACID & CALCIUM ASCORBATE POWDER



- A refreshing alternative containing the two most popular forms of vitamin C.
- Reducing acidity economically.

ACTIVE INGREDIENTS PER GRAM:  
Vitamin C .....913mg  
(Ascorbic Acid, Calcium Ascorbate)



### SODIUM ASCORBATE POWDER

- The superior choice for low acid vitamin C.
- In a form more readily used by the body.



ACTIVE INGREDIENTS PER GRAM:  
Vitamin C (Sodium Ascorbate).....889mg

PRODUCT	Sodium Ascorbate Powder
PACK SIZE	V-250g
CODE	063
DAILY INTAKE	1-2 Grams with or without food



“  
*Linus Pauling, who studied vitamin C for many years, suggested that we used to be able to make vitamin C in our bodies but lost the ability over time as we could get enough from our fruit-rich diet.*”





# VITAMIN D

## VITAMIN D800

- Containing 800iu of vitamin D per tablet.
- Crucial for the proper absorption of Calcium and Potassium.
- Aids the formation of healthy bones and teeth.
- Helps maintain proper neuromuscular function.



ACTIVE INGREDIENTS PER TABLET:  
Vitamin D2 (800iu).....20µg  
(Ergocalciferol Preparation)

PRODUCT	Vitamin D800
PACK SIZE	90 V-Tabs
CODE	627
DAILY INTAKE	1 Tablet with food



## VITAMIN D400

- Containing 400iu of vitamin D per tablet.
- Sometimes called the 'Sunshine' vitamin!
- Keep joints moving freely.
- Improve general mood.



ACTIVE INGREDIENTS PER TABLET:  
Vitamin D3 (400iu).....10µg  
(Ergocalciferol Preparation)

PRODUCT	Vitamin D400
PACK SIZE	90 V-Tabs
CODE	626
DAILY INTAKE	1-2 Tablets with food



## VITAMIN D COMPLEX

- Contains 800iu of vitamin D2 per tablet.
- Contains 800iu of vitamin D3 per tablet.
- Our most powerful vitamin D product ever.



ACTIVE INGREDIENTS PER TABLET:  
Vitamin D3 (800iu).....20µg  
(Cholecalciferol Preparation)  
Vitamin D2 (800iu).....40µg  
(Ergocalciferol Preparation)

PRODUCT	Vitamin D Complex
PACK SIZE	90 V-Tabs
CODE	626
DAILY INTAKE	1-2 Tablets with food



## KID - D VIT

- Designed specifically for children
- 400iu per tablet of this important nutrient
- Suitable for ages 5 and up



ACTIVE INGREDIENTS PER TABLET:  
Vitamin D3 (400iu).....10µg  
(Ergocalciferol Preparation)

PRODUCT	Kid - D Vit
PACK SIZE	60 V-Tabs
CODE	657
DAILY INTAKE	1-2 Tablets with food



email: [sales@healthplus.co.uk](mailto:sales@healthplus.co.uk)



# VITAMIN E

## VITAMIN E

Vitamin E, a fat soluble vitamin, is the most powerful antioxidant vitamin in the body. It helps prevent saturated fatty acids from forming harmful substances in the digestive tract, as well as de-furring artery walls. It also plays an essential role in the respiration of cells, forming muscle tissue and maximising the ability of muscles to use their oxygen supply thus making it a very popular supplement among active people.

Vitamin E is commonly used to help maintain healthy joints and is reputed to have anti-ageing properties and to help maintain sex drive (especially when taken with Ginseng). Vitamin E is often used by women during the menopause. It also:

- Provides a protective role as a free radical scavenger and antioxidant
- Plays a key role in reproductive system health
- Maintains the health of capillary walls and strengthens blood vessels
- Maintains a healthy skin



PRODUCT	E400 (Natural)
PACK SIZE	30 Caps
CODE	227
DAILY INTAKE	1-2 Capsules with food



“  
*Vitamin E is only stored for a very short time; up to 70% of daily intakes are excreted from the body each day.*  
 ”

PRODUCT	E200 (Natural)
PACK SIZE	30 Caps
CODE	516
DAILY INTAKE	1-3 Capsules with food



## E200 (Natural)

- A perfect complement to any one-a-day multivitamin product.
- A softgel capsule alternative to our E200 Chewable.

ACTIVE INGREDIENTS PER CAPSULE:  
 Vitamin E (200iu).....134mg  $\alpha$ -TE  
 (d-Alpha Tocopherol Preparation - GMO Free)



## E200 Chewable

- Ideal for younger people or those wanting to “top up” their vitamin E intake.
- Tasty, easy-to-chew, vanilla flavoured tablet.

ACTIVE INGREDIENTS PER TABLET:  
 Vitamin E (200iu).....134mg  $\alpha$ -TE  
 (dl-Alpha Tocopheryl Acetate Preparation)

PRODUCT	E200 Chewable
PACK SIZE	60 VTabs
CODE	067
DAILY INTAKE	1- 3 Tablets with food




**E400 (Natural)**



- A must-have potent daily intake of this versatile nutrient.
- A gelatin free capsule that makes this product suitable for everyone.

**ACTIVE INGREDIENTS PER CAPSULE:**

Vitamin E (400iu) .....268mg  $\alpha$ -TE  
(d-Alpha Tocopherol Preparation - GMO Free)

We know that you want the healthiest products you can buy, which is why wherever possible our capsule products use Vcaps - a vegetable cellulose capsule that is suitable for vegetarians and vegans. Just look for this symbol on our  gelatin free capsule products.

PRODUCT	E400 Gelatin Free (Natural)
PACK SIZE	30 VCaps
CODE	272
DAILY INTAKE	1-2 Capsules with food



PRODUCT	Mega Natural E1000
PACK SIZE	30 Caps
CODE	242
DAILY INTAKE	1 Capsule with food



**MEGA NATURAL E1000**

- A natural winner.
- Our highest strength vitamin E product.

**ACTIVE INGREDIENTS PER CAPSULE:**

Vitamin E (1000iu) .....671mg  $\alpha$ -TE  
(d-Alpha Tocopherol Preparation - GMO free)

“ In order to help make product comparison easier, vitamin E products are measured in International Units (iu), as well as milligrams and micrograms. 1iu d-Alpha Tocopherol Equivalent ( $\alpha$ -TE) = 0.67mg vitamin E. 1mg d-Alpha Tocopherol Equivalent ( $\alpha$ -TE) = 1.49iu vitamin E. See page 3 for other measures of international standards. ”



**E500 (Natural)**

- The most preferred of our vitamin E products.
- 500iu of natural vitamin E.

**ACTIVE INGREDIENTS PER TABLET:**

Vitamin E (500iu) ..... 336mg  $\alpha$ -TE  
(d-Alpha Tocopherol Succinate - GMO Free)

PRODUCT	E500 (Natural)
PACK SIZE	60 VTabs
CODE	004
DAILY INTAKE	1 Tablet with food



Call: 01323 872277



# MINERALS

## MINERALS

Often overlooked, minerals are vital to our health and the efficient functioning of our body's systems. However, minerals cannot be made in the body and so must be provided by the diet. In order for the team of minerals to perform at their best, balance and quality are not only desirable but vital.

Minerals also work hand-in-hand with vitamins, each assisting the others absorption and helping a multitude of biochemical processes throughout the body. The essential major minerals are Iron, Zinc, Calcium, Magnesium, Sodium, Phosphorous and Potassium. These are aided by the equally important essential trace elements Selenium, Cobalt, Copper, Iodine, Manganese and Chromium. This section has an indispensable and versatile selection of our Mineral products.

## IRON

One of the most common dietary deficient nutrients amongst women, vegetarians and vegans, Iron combines with proteins in the body to form haemoglobin, the red coloured substance in our blood cells, used to transport oxygen from the lungs to various tissues around the body, including the brain.

The main source of absorbable Iron is meat, especially liver, so vegetarians and vegans in particular should ensure an adequate alternative dietary source. The biggest occurrence of Iron depletion is among women during menstruation, due to the loss of red blood cells. Iron is important for helping to maintain the proper function of the immune system. We would suggest taking Iron with vitamin C as Iron absorption is increased by vitamin C.



## MULTIMINS

- A comprehensive combination of nine essential major and trace minerals.
- Suitable for people from all walks of life.

### ACTIVE INGREDIENTS PER TABLET:

Magnesium (Carbonate).....	102mg
Calcium (Phosphate, Carbonate).....	175mg
Iodine (Kelp).....	40µg
Manganese (Gluconate).....	5mg
Zinc (Gluconate).....	5mg
Potassium (Chloride).....	10mg
Iron (Ferrous Gluconate).....	2.3mg
Selenium.....	50µg
(Selenomethionine Preparation)	
Chromium (Picolinat).....	20µg



PRODUCT	Multamins
PACK SIZE	60 V-Tabs
CODE	006
DAILY INTAKE	
1-2 Tablets with food	



## MANGANESE

Manganese, an essential trace element, helps to:

- Form healthy bones, tissues and cartilage
- Activate over 20 different enzymes
- Metabolise protein, carbohydrate and fat
- Maintain normal blood-sugar levels
- Promote healthy DNA and RNA - the building blocks essential for reproduction

Excess Calcium intake may interfere with the absorption of Manganese.



## CHELATED IRON 24mg

- A popular choice - for a good reason.
- Advanced iron supplementation, in a readily absorbed form - eliminating problems caused by less advanced iron supplements.
- Presented in a form similar to how it occurs naturally, for better utilisation by the body.



### ACTIVE INGREDIENTS PER TABLET:

Iron (Ferrous Gluconate).....	24mg
-------------------------------	------

PRODUCT	Chelated Iron 24mg
PACK SIZE	90 V-Tabs
CODE	073
DAILY INTAKE	
1 Tablet with food	



## MAGNESIUM 100mg

- 100mg Magnesium from a more bio-available source.
- This product is uniquely suited to helping you achieve the desired 3:2 ratio of Calcium and Magnesium when Calcium intake from the diet is higher.



### ACTIVE INGREDIENTS

#### PER TABLET:

Magnesium (Oxide).....100mg

PRODUCT	Magnesium 100mg
PACK SIZE	90 VTabs
CODE	461
DAILY INTAKE	1-3 Tablets with food



PRODUCT	Dolomite + D
PACK SIZE	60 VTabs
CODE	011
DAILY INTAKE	1-3 Tablets with food



## DOLOMITE + D



- The perfect 3:2 Calcium to Magnesium ratio in one simple tablet.
- Inspired by nature, Dolomite is a naturally occurring (lead free) mineral that provides Calcium and Magnesium.
- Increased absorption from the addition of vitamin D.

### ACTIVE INGREDIENTS PER TABLET:

Magnesium (Carbonate).....133mg  
 Calcium (Carbonate) .....200mg  
 Vitamin D (200iu) (Ergocalciferol Preparation) .....5µg

## CALCIUM PLUS

- A fantastic combination of readily-absorbed Calcium and Magnesium sources, with vitamin D for maximum uptake.
- A renowned choice for maintaining bone health, with a devout following.

### ACTIVE INGREDIENTS PER TABLET:

Calcium..... 250mg  
 (Carbonate, Citrate, Gluconate)  
 Magnesium (Carbonate, Citrate)..... 150mg  
 Vitamin D (200iu).....5µg  
 (Cholecalciferol Preparation)

PRODUCT	Calcium Plus
PACK SIZE	30 VTabs
CODE	129
DAILY INTAKE	1-2 Tablets with food



## CALCIUM & MAGNESIUM

Calcium is the most plentiful mineral in the human body, with 99% of the body's supply of Calcium being found in the bones and teeth.

Dietary intake of Calcium is important for strong, healthy bones as well as for:

- Muscle contraction and relaxation
- The nervous system
- Activation of a number of enzymes needed to produce adenosine triphosphate (ATP) for energy and to break down protein molecules
- Blood clotting and releasing a number of hormones into the body's systems and, working together with Magnesium, it maintains cardiovascular health

Calcium's rate of absorption is increased by vitamin D either from dietary intake or from the sun's action on the skin.

Like Calcium, Magnesium works to activate enzymes for the production of adenosine triphosphate (ATP) needed for muscular energy, as well as peptides utilised for digesting protein.

The close relationship between Calcium and Magnesium suggests that food supplements should contain a 3:2 ratio of Calcium to Magnesium to maximise their synergistic action and prevent dietary mineral imbalances occurring. Adding vitamin D to Calcium and Magnesium maximises absorption, as well as providing a valuable extra nutrient.



## CHROMIUM

An essential trace mineral, Chromium combines with vitamin B3 (niacin) and amino acids to produce Glucose Tolerance Factor (GTF). This assists insulin in its function of taking up glucose from the blood for energy release and therefore helps maintain normal blood-sugar levels. It may also have a role in lipid (fat) metabolism, and carbohydrate utilisation. GTF formation may decrease as we age or with impaired diet.

In nature, Chromium is abundant in brewers yeast, as well as wholegrain cereals, processed meats, vegetables and some cheeses which, until recently, were the only additional sources to the daily diet. It is worth noting that some people do not form as much GTF as they need and they should be encouraged to eat a better diet and possibly supplement Chromium and vitamin B3 to help safeguard intake.

### CHROMIUM GTF + B3

- The discerning choice.
- An enhanced Chromium product you can count on.
- Combining Chromium with two forms of vitamin B3 for maximum effectiveness.

#### ACTIVE INGREDIENTS PER TABLET:

Niacin - Vitamin B3 .....100mg NE  
(Nicotinamide, Nicotinic Acid)  
Chromium (Chloride) .....110µg



PRODUCT	Chromium GTF + B3
PACK SIZE	60 V-Tabs
CODE	008
DAILY INTAKE	1 Tablet with food



### CHROMIUM PICOLINATE



- A more readily absorbed power-packed form.
- An improved potency alternative Chromium supplement.
- Still with vitamin B3 (niacin) to aid absorption and help produce GTF.

#### ACTIVE INGREDIENTS PER TABLET:

Niacin - Vitamin B3 .....50mg NE  
(Nicotinamide)  
Chromium (Picolinate) .....200µg



PRODUCT	Chromium Picolinate
PACK SIZE	60 V-Tabs
CODE	237
DAILY INTAKE	1 Tablet with food



### POTASSIUM 100mg



- The power-packed punch of Potassium in a tablet.
- 100mg of this essential mineral in a readily-absorbed format.

#### ACTIVE INGREDIENTS PER TABLET:

Potassium (Gluconate) .....100mg

PRODUCT	Potassium 100mg
PACK SIZE	30 V-Tabs
CODE	231
DAILY INTAKE	1 Tablet with food



## POTASSIUM

Potassium is present largely in the fluids within body cells, where its concentration is carefully controlled. It has a complementary action with Sodium in the functioning of cells and is essential for helping to maintain the correct function of the heart muscles. It has a role to play in maintaining correct blood pressure.

## IODINE

An essential trace element, Iodine is often missing from the diet of vegetarians and vegans so they should consider taking a supplement. Iodine is a major constituent of the hormone thyroxine, which helps to maintain proper thyroid function and metabolism.



PRODUCT	Selenium Plus A+C+E
PACK SIZE	30 V-Tabs
CODE	230
DAILY INTAKE	1 Tablet with food



## SELENIUM PLUS A+C+E

- An antioxidant combination, mixing hard-hitting vitamins A, C and E with 100µg no-nonsense Selenium.
- Yeast Free.

### ACTIVE INGREDIENTS PER TABLET:

Vitamin C (Ascorbic Acid).....	150mg
Vitamin E (80iu).....	53.7mg α-TE
(d-Alpha Tocopheryl Succinate - GMO Free)	
Selenium (Selenomethionine Preparation) 100µg	
Vitamin A (750iu) (Retinol Preparation).....	225µg RE



## SELENIUM

Selenium is a key antioxidant nutrient and functions with vitamin A and Beta Carotene, vitamin C and vitamin E. These specialised nutrients are called 'antioxidants' because they prevent free radical damage to body cells due to oxidation.

Selenium may have a balancing effect on the body by helping to control the production of prostaglandins (hormone-like compounds that control many body functions). It may also have an important role in the body's basal metabolism, and help to maintain a healthy blood pressure.

## SELENIUM 50µg

- High performance, organic form of Selenium from the preferred selenomethionine compound.
- More bio-available, more economical.



### ACTIVE INGREDIENTS PER TABLET:

Selenium.....	50µg
(Selenomethionine Preparation)	

PRODUCT	Selenium 50µg
PACK SIZE	90 V-Tabs
CODE	065

DAILY INTAKE  
1-4 Tablets on an empty stomach



## SELENIUM 200µg

- A tiny tablet with a big punch!
- Per microgram, our best value Selenium product.
- 200µg Selenium, in the preferred selenomethionine form.



### ACTIVE INGREDIENTS PER TABLET:

Selenium.....	200µg
(Selenomethionine Preparation)	

PRODUCT	Selenium 200µg
PACK SIZE	60 V-Tabs
CODE	240

DAILY INTAKE  
1 Tablet on an empty stomach



PRODUCT	Ziman Plus
PACK SIZE	60 VTabs
CODE	021
DAILY INTAKE	1 Tablet with food

**S L Y G W V**

## ZIMAN PLUS

- A remarkable combination of Zinc, Manganese & vitamin C.
- Manganese is important for neuro-muscular co-ordination.
- Vitamin C - vital for the proper health of many body systems - also aids the absorption of these two invaluable minerals.

### ACTIVE INGREDIENTS PER TABLET:

Manganese (Gluconate) .....	25mg
Zinc (Gluconate) .....	15mg
Vitamin C (Ascorbic Acid).....	100mg



## ZINC CITRATE

- 10mg of Zinc in the excellent citrate form.
- Many people find Zinc Citrate provides more efficient absorption and utilisation by the body.

### ACTIVE INGREDIENTS PER TABLET:

Zinc (Citrate) .....	10mg
----------------------	------

PRODUCT	Zinc Citrate
PACK SIZE	90 VTabs
CODE	290
DAILY INTAKE	1 Tablet with food

**S L Y G W V<sub>g</sub>**



## ZINC 15mg

- The ideal daily intake in one small tablet.
- 15mg of Zinc in the popular gluconate form.

### ACTIVE INGREDIENTS PER TABLET:

Zinc (Gluconate).....	15mg
-----------------------	------

PRODUCT	Zinc 15mg
PACK SIZE	90 VTabs
CODE	131
DAILY INTAKE	1 Tablet with food

**S L Y G W V**



## ZINC

The human body contains a mere two grams of Zinc and its importance to good nutrition has only been recognised in recent years. It is associated with the activity of a wide-range of enzymes, which work with red blood cells to transport carbon dioxide to the lungs. It aids the absorption of B vitamins and Phosphorous, promotes normal growth, aids fertility, helps maintain a healthy liver, maintains our senses of smell, taste and vision and is a vital factor in many life processes, such as proper immune function



## ZINC 10mg

- Just right for those wanting to add a little extra Zinc to their diet or one-a-day multivitamin.
- 10mg of Zinc in the best-selling gluconate form.

### ACTIVE INGREDIENTS PER TABLET:

Zinc (Gluconate).....	10mg
-----------------------	------

PRODUCT	Zinc 10mg
PACK SIZE	90 VTabs
CODE	498
DAILY INTAKE	1 Tablet with food

**S L Y G W V<sub>g</sub>**



# SLYGWVA

PRODUCT	Multi Vits 'n' Mins
PACK SIZE	30 V-Tabs
CODE	001
PACK SIZE	90 V-Tabs
CODE	096
DAILY INTAKE	
	1 Tablet with food



## MULTI VITS 'N' MINS

- An advanced, all purpose, one-a-day supplement.
- A comprehensive formulation of 16 essential vitamins and minerals to safeguard nutrient intakes.

### ACTIVE INGREDIENTS PER TABLET:

Calcium (Phosphate, Carbonate) .....	186.8mg
Vitamin C (Ascorbic Acid).....	250mg
Iron (Ferrous Gluconate) .....	10.7mg
Vitamin E (100iu) .....	67mg $\alpha$ -TE
(d-Alpha Tocopheryl Succinate - GMO Free)	
Magnesium (Carbonate).....	10.9mg
Vitamin B6 (Pyridoxine Hydrochloride).....	25mg
Thiamin - Vitamin B1 (Hydrochloride).....	25mg
Pantothenic Acid - Vitamin B5 .....	25mg
(Calcium d Pantothenate)	
Zinc (Gluconate) .....	3.6mg
Riboflavin - Vitamin B2.....	25mg
Niacin - Vitamin B3 (Nicotinamide).....	25mg NE
Vitamin A (7500iu) (Retinol Preparation).....	2250 $\mu$ g RE
Manganese (Gluconate) .....	1.3mg
Selenium (Selenomethionine Preparation) .....	50 $\mu$ g
Potassium (Chloride).....	5mg
Vitamin D (400iu) (Cholecalciferol Preparation).....	10 $\mu$ g

# MULTI FORMULAS

## MULTI FORMULAS

Multi-nutrient formulas really are the foundation of any strong nutritional supplement programme.

In our increasingly fast moving world it is often all too easy to get caught up in demanding work schedules, equally demanding family and social ties and expectations. In these circumstances our diet is often neglected. Supplementation is designed to back up the nutrient intake from our diets and none more so than our Multi Formulas.

At **Health Plus** we have designed a number of special formulas to suit many needs, and all of them may be taken on their own or with many of the other nutrients featured in this Health Guide (e.g. Co Enzyme Q 10, Flaxseed Oil, Aloe Vera, NADH). They may also be taken with 'booster' amounts of specific vitamins (e.g. vitamin C, B Complex) and minerals to help you achieve optimum nutrient levels and maximise your enjoyment of life!

To enable you to better select products from this section, we have divided it into subcategories; these are One-A-Day Well-Being (pages 22-24), Women's Health (page 25) and Men's Health (page 26).



ALSO SEE



## DAILY PACKS

Our extensive range of high-potency, multi-tablet / capsule multi formulas - including Packs for Pregnancy, Joint health and Metabolic health - starts on page 44. Daily Packs are supernutrition in a sachet!

Fax: 01323 872278

## S L Y G W V A

PRODUCT	Mega Multivitamin
PACK SIZE	30 V-Tabs
CODE	232
PACK SIZE	90 V-Tabs
CODE	517
DAILY INTAKE	1 Tablet with food

### MEGA MULTIVITAMIN

- Our most comprehensive single tablet multi formula, combining 30 vitamins, minerals and other nutrients.
- Explosive high strength one-a-day.
- For anyone who finds Multi Vits 'n' Mins isn't quite enough.

#### ACTIVE INGREDIENTS PER TABLET:

Vitamin E (150iu) .....	100mg $\alpha$ -TE
(dl-Alpha Tocopheryl Acetate Preparation)	
Vitamin C (Ascorbic Acid).....	265mg
Calcium (Phosphate, Gluconate).....	68mg
Pantothenic Acid - Vitamin B5 .....	69mg
(Calcium d Pantothenate)	
Thiamin - Vitamin B1 (Hydrochloride).....	66.9mg
Vitamin B6 (Pyridoxine Hydrochloride).....	61.5mg
Niacin - Vitamin B3 (Nicotinamide).....	75mg NE
Para Amino Benzoic Acid.....	75mg
Riboflavin - Vitamin B2.....	75mg
Choline di Hydrogen Citrate.....	75mg
Inositol.....	75mg
Iodine (Kelp) .....	32µg
Glutamic Acid.....	25mg
Betaine Hydrochloride.....	25mg
Bioflavonoids .....	25mg
Vitamin A (7500iu) (Retinol Preparation).....	2250µg RE
Manganese (Gluconate).....	1.3mg
Magnesium (Gluconate).....	600µg
Rosehips .....	10mg
Zinc (Gluconate) .....	750µg
Hesperidin .....	5mg
Copper (Sulphate).....	1.5mg
Alfalfa .....	1mg
Iron (Ferrous Gluconate) .....	132µg
Potassium (Gluconate) .....	140µg
Vitamin D (425iu).....	10.6µg
(Cholecalciferol Preparation)	
Soya Bean Lecithin Granules (GMO Free).....	500µg
Folic Acid (Folacin) .....	400µg
Biotin.....	114µg
Vitamin B12.....	75µg



## S L Y G W V A

PRODUCT	DiabetACE
PACK SIZE	30 V-Tabs
CODE	643
DAILY INTAKE	1 Tablet with food



### DIABETACE

- A combination of key nutrients all known to be involved in glucose homeostasis.
- Therefore helping people with diabetes and in balancing blood sugar levels.
- High in vitamins, minerals, Glutathione, Alpha Lipoic Acid and Co Q10.
- Helps support your body in this over processed sugar world!



#### ACTIVE INGREDIENTS PER TABLET:

Vitamin C (Ascorbic Acid) .....	200mg
Calcium (Phosphate) .....	47mg
Magnesium (Oxide).....	70mg
Vitamin E (100iu).....	67mg $\alpha$ -TE
(d-Alpha Tocopheryl Succinate)	
Zinc (Citrate) .....	15mg
Iron (Ferrous Fumerate) .....	10mg
Niacin - Vitamin B3 (Nicotinamide).....	30mg NE
Alpha Lipoic Acid.....	20mg
Selenium (Selenomethionine Preparation) .....	100µg
Vitamin B6 (Pyridoxine Hydrochloride) .....	15mg
Thiamin - Vitamin B1 (Hydrochloride) .....	15mg
Pantothenic Acid - Vitamin B5 .....	15mg
(Calcium d Pantothenate)	
Riboflavin - Vitamin B2.....	15mg
Co Enzyme Q10 .....	10mg
Glutathione.....	10mg
Manganese (Gluconate).....	1mg
Vitamin A (2500iu) (Acetate).....	757.5µg RE
Vitamin D2 (600iu) (Ergocalciferol Preparation).....	15µg
Copper (Sulphate) .....	1mg
Chromium (Chloride) .....	200µg
Folic Acid (Folacin) .....	400µg
Biotin.....	100µg
Vitamin B12 .....	100µg
Iodine (Potassium Iodide) .....	50µg



**MULTI VITS 'N' MINS WITHOUT VITAMIN A**

- A versatile vitamin A free alternative to Multi Vits 'n' Mins.
- Ideally suited to those - such as pregnant women - who should avoid pre-formed vitamin A (Retinol).

**ACTIVE INGREDIENTS PER TABLET:**

Calcium (Phosphate, Carbonate) ...	158.8mg
Vitamin C (Ascorbic Acid).....	250mg
Iron (Ferrous Gluconate) .....	10.7mg
Vitamin E (100iu) .....	.67mg $\alpha$ -TE
(d-Alpha Tocopheryl Succinate - GMO Free)	
Magnesium (Carbonate).....	10.9mg
Vitamin B6 (Pyridoxine Hydrochloride).....	25mg
Thiamin - Vitamin B1 (Hydrochloride).....	25mg
Pantothenic Acid - Vitamin B5 .....	25mg
(Calcium d Pantothenate)	
Zinc (Gluconate) .....	3.6mg
Riboflavin - Vitamin B2.....	25mg
Niacin - Vitamin B3 (Nicotinamide).....	25mg NE
Manganese (Gluconate) .....	1.3mg
Selenium (Selenomethionine Preparation) .....	50µg
Potassium (Chloride).....	5mg
Vitamin D (400iu) (Cholecalciferol Preparation).....	10µg



PRODUCT	Multi Vits 'n' Mins without Vitamin A
PACK SIZE	30 VTabs
CODE	222

**DAILY INTAKE**  
1 Tablet with food



**ALSO SEE**

**CHILDREN'S SUPPLEMENTS**

Includes our ever-popular Supermouse Chewable Multivitamin and the NEW Junior Multivit + Min. Turn to page 66 for more details of these and other Children's Supplements!



**LIVER KIND**

- A unique combination of key lipotropic nutrients.
- Therefore helping people safeguard their nutrient intake and help protect the health of the liver.
- High in vitamins, minerals, Artichoke and key amino acids.
- Help detoxify the body and eliminate harmful chemicals from the body.
- Support the immune system and improve proper digestion.



**ACTIVE INGREDIENTS PER TABLET:**

Vitamin C (Ascorbic Acid) .....	100mg
Artichoke Standardised Extract .....	100mg
which provides:	
5%-6% Caffeoylquinic Acid .....	5mg - 6mg
4% Cynarin .....	.4mg
N-Acetyl Cysteine .....	100mg
Inositol .....	100mg
Choline Di Hydrogen Citrate .....	100mg
L-Methionine .....	100mg
Vitamin E (100iu).....	.67mg $\alpha$ -TE
(d-Alpha Tocopheryl Succinate)	
L-Lysine Hydrochloride .....	50mg
which provides:	
80% L-Lysine .....	50mg
L-Ornithine Hydrochloride .....	63mg
which provides:	
80% L-Ornithine .....	50mg
L-Glutamine.....	50mg
Pantothenic Acid - Vitamin B5 .....	20mg
(Calcium d Pantothenate)	
Zinc (Citrate) .....	.7mg
Niacin - Vitamin B3 (Nicotinamide) .....	20mg
Iron (Ferrous Fumerate) .....	5mg
Vitamin B6 (Pyridoxine Hydrochloride) .....	10mg
Thiamin - Vitamin B1 (Hydrochloride) .....	10mg
Riboflavin - Vitamin B2 .....	10mg
Selenium (Selenomethionine Preparation) .....	50µg
Vitamin A (2500iu).....	757.5µg RE (Acetate)
Black Pepper Extract.....	5.5mg
which provides:	
95% Piperin.....	5mg
Vitamin D2 (400iu).....	10µg (Ergocalciferol Preparation)
Folic Acid (Folacin).....	200µg
Biotin .....	100µg
Vitamin B12 .....	100µg
Molybdenum .....	50µg (Ammonium Molybdate)



PRODUCT	Liver Kind
PACK SIZE	30 VTabs
CODE	641

**DAILY INTAKE**  
1 Tablet with food





PRODUCT	Joint Complex
PACK SIZE	30 VTabs
CODE	226
DAILY INTAKE	
1 Tablet with food	



## JOINT COMPLEX

- An innovative, comprehensive, one-a-day joint formula.
- A knockout medley of Calcium, Magnesium, Vitamin D, Manganese and many other nutrients.

### ACTIVE INGREDIENTS PER TABLET:

Calcium (Carbonate, Phosphate)	.....277.3mg
Vitamin C (Ascorbic Acid)	.....300mg
Magnesium (Oxide)	.....165mg
Iron (Ferrous Gluconate)	.....10mg
Zinc (Gluconate)	.....10mg
Niacin - Vitamin B3 (Nicotinamide)	.....50mg NE
Pantothenic Acid - Vitamin B5 (Calcium d Pantothenate)	.....46mg
Vitamin B6 (Pyridoxine Hydrochloride)	.....41mg
Thiamin - Vitamin B1 (Hydrochloride)	.....22.3mg
Riboflavin - Vitamin B2	.....25mg
Manganese (Gluconate)	.....2.5mg
Selenium (Selenomethionine Preparation)	.....100µg
Vitamin A (7500iu) (Retinol Preparation)	.....2250µg RE
Vitamin D (400iu) (Cholecalciferol Preparation)	.....10µg
Chromium (Chloride)	.....50µg
Folic Acid (Folacin)	.....100µg
Biotin	.....50µg
Vitamin B12	.....10µg

## DETOX 2000

- A hard to resist, practical choice combining antioxidants, vitamins, minerals and amino acids.
- Formulated to help keep the body healthy in this chemically unfriendly modern world.

### ACTIVE INGREDIENTS PER TABLET:

Calcium (Carbonate)	.....300mg
Magnesium (Oxide)	.....150mg
L-Cysteine	.....200mg
Pectin	.....100mg
Vitamin E (100iu)	.....67mg $\alpha$ -TE
(d-Alpha Tocopheryl Succinate - GMO Free)	
Zinc (Gluconate)	.....10mg
Glutathione	.....25mg
Selenium	.....25µg
(Selenomethionine Preparation)	



PRODUCT	Detox 2000
PACK SIZE	30 VTabs
CODE	224
DAILY INTAKE	
1 Tablet with food	



## IMMUNO POWER

- Unbelievable antioxidants.
- Dynamite in a bottle!
- Vitamins A and E with Zinc, Selenium and other minerals to maximise the healthy functioning of the immune system.

### ACTIVE INGREDIENTS PER TABLET:

Magnesium (Carbonate)	.....150mg
Calcium (Phosphate)	.....150mg
Zinc (Gluconate)	.....10mg
Vitamin E (100iu)	.....67mg $\alpha$ -TE
(d-Alpha Tocopheryl Succinate - GMO Free)	
Vitamin A (7500iu)	.....2250µg RE
(Retinol Preparation)	
Selenium	.....50µg
(Selenomethionine Preparation)	
Molybdenum	.....50µg
(Ammonium Molybdate)	



PRODUCT	Immuno Power
PACK SIZE	30 VTabs
CODE	223
DAILY INTAKE	
1 Tablet with food	



FREE DELIVERY - See order form for details

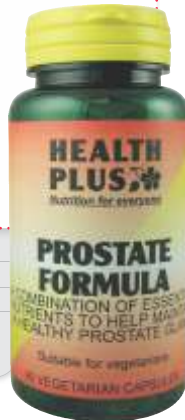


## PROSTATE FORMULA

- A uniquely male product.
- Offering a sophisticated functional balance of Saw Palmetto, amino acids and vitamins.
- Designed to help maintain a healthy prostate.

### ACTIVE INGREDIENTS PER CAPSULE:

Vitamin C (Ascorbic Acid).....	75mg
Vitamin E (25iu).....	17mg $\alpha$ -TE (dl-Alpha Tocopheryl Acetate Preparation)
Glycine.....	35mg
Glutamic Acid.....	35mg
L-Alanine.....	35mg
Beta Carotene Preparation.....	30mg
<i>which provides:</i>	
Beta Carotene.....	3mg
<i>equivalent to:</i>	
Vitamin A (1650iu).....	500 $\mu$ g RE
Zinc (Gluconate).....	3.5mg
Saw Palmetto Extract (4:1). 20mg	
<i>equivalent to:</i>	
Saw Palmetto.....	80mg
Magnesium (Oxide).....	3.75mg
Vitamin B6.....	3.28mg (Pyridoxine Hydrochloride)
Riboflavin - Vitamin B2.....	25mg
Thiamin - Vitamin B12.....	3mg (Hydrochloride)



PRODUCT	Prostate Formula
PACK SIZE	90 VCaps
CODE	143
DAILY INTAKE	1-3 Capsules with food

**SLYGWVGV**

**SLYGWVA**

PRODUCT	Everyday Man
PACK SIZE	30 VTabs
CODE	438
DAILY INTAKE	1 Tablet with food

**SUPER SAVER**



## EVERYDAY MAN

- The ultimate all-round vitamin and mineral tablet combination for men.
- Filling the nutritional gap created by hectic lifestyles, unbalanced diets or both!

### ACTIVE INGREDIENTS PER TABLET:

Vitamin E (100iu).....	67mg $\alpha$ -TE (dl-Alpha Tocopheryl Acetate Preparation)
Calcium (Phosphate).....	40mg
Vitamin C (Ascorbic Acid).....	100mg
Niacin - Vitamin B3 (Nicotinamide).....	75mg NE
Pantothenic Acid - Vitamin B5.....	69mg (Calcium d Pantothenate)
Choline Bitartrate.....	60mg
Vitamin A (6800iu).....	2060 $\mu$ g RE
<i>provided by:</i>	
Natural Beta Carotene (3300iu).....	1000 $\mu$ g RE
Retinol Preparation (3500iu).....	1060 $\mu$ g RE
Para Amino Benzoic Acid.....	50mg
Iodine (Kelp).....	20 $\mu$ g
Magnesium (Oxide).....	20mg
Potassium (Gluconate).....	5mg
Zinc (Citrate).....	10mg
Manganese (Gluconate).....	2mg
Iron (Ferrous Fumarate).....	5mg
Thiamin - Vitamin B1 (Hydrochloride).....	13.4mg
Vitamin B6 (Pyridoxine Hydrochloride).....	12.3mg
Riboflavin - Vitamin B2.....	15mg
Betaine Hydrochloride.....	15mg
Selenium (Selenomethionine Preparation).....	75 $\mu$ g
Copper (Gluconate).....	2mg
Chromium (Piccolinate).....	90 $\mu$ g
Folic Acid (Folacin).....	400 $\mu$ g
Biotin.....	300 $\mu$ g
Molybdenum (Potassium Molybdate).....	100 $\mu$ g
Vitamin D (200iu) (Cholecalciferol Preparation).....	5 $\mu$ g
Vitamin B12.....	50 $\mu$ g

Tel: 01323 872277



PRODUCT Pregnancy Multivitamin

PACK SIZE 30 V-Tabs

CODE 650

DAILY INTAKE  
1 Tablet with food



**PREGNANCY MULTIVITAMIN**

- Advanced formulation for before, during and after pregnancy.
- Includes 25 major nutrients needed to help safeguard the health of mother and baby.
- Includes beta carotene, vitamins C, D and E, B complex, minerals, Folic Acid and vitamin K2.
- An ideal all-in-one easy-to-take solution.

**ACTIVE INGREDIENTS PER TABLET:**

Calcium (Phosphate) .....	100mg
Vitamin C (Ascorbic Acid) .....	150mg
Magnesium (Oxide).....	.67mg
Iron (Ferrous Gluconate) .....	10mg
Zinc (Gluconate) .....	10mg
Iodine (Kelp) .....	50µg
Beta Carotene .....	.6mg
equivalent to:	
Vitamin A (3300iu) .....	1000µg RE
Vitamin E (50iu).....	33.5mg α-TE
(d-Alpha Tocopheryl Succinate - GMO free)	
Vitamin B6 (Pyridoxine Hydrochloride) .....	.25mg
Niacin - Vitamin B3 (Nicotinamide) .....	.25mg NE
Inositol.....	.25mg
Thiamin - Vitamin B1 (Hydrochloride) .....	.15mg
Pantothenic Acid - Vitamin B5 .....	.15mg
(Calcium d Pantothenate)	
Riboflavin - Vitamin B2.....	.15mg
Selenium (Selenomethionine Preparation) .....	50µg
Manganese (Gluconate).....	.1mg
Copper (Gluconate).....	.1mg
Vitamin D3 (250iu) .....	6.25µg
(Plant Cholecalciferol Preparation)	
Chromium (Picolinate).....	50µg
Folic Acid (Folacin) .....	400µg
Vitamin B12 (Methylcobalamin) .....	100µg
Biotin.....	50µg
Molybdenum (Ammonium Molybdate) .....	.25µg
Vitamin K2.....	.25µg





**S L Y G W V**

PRODUCT	Perfect You
PACK SIZE	100 VTabs
CODE	291
DAILY INTAKE	1-2 Tablets with food

**SUPER SAVER**

## EVERYDAY WOMAN

- A unique, specifically designed formula suitable for women of all ages.
- From vitamin A to Zinc, and all points in-between.

### ACTIVE INGREDIENTS PER TABLET:

Calcium (Phosphate).....	140mg
Magnesium (Oxide).....	100mg
Zinc (Gluconate).....	15mg
Vitamin E (30iu).....	20mg α-TE
(dl-Alpha Tocopheryl Acetate Preparation)	
Vitamin C (Ascorbic Acid).....	50mg
Vitamin B6 (Pyridoxine Hydrochloride).....	41mg
Manganese (Gluconate).....	5mg
Iron (Ferrous Fumarate).....	12mg
Pantothenic Acid - Vitamin B5.....	30mg
(Calcium d Pantothenate)	
Para Amino Benzoic Acid.....	30mg
Niacin - Vitamin B3 (Nicotinamide).....	20mg NE
Selenium (Selenomethionine Preparation).....	100µg
Boron (Sodium Borate).....	2mg
Thiamin - Vitamin B1 (Hydrochloride).....	8.9mg
Copper (Gluconate).....	1mg
Riboflavin - Vitamin B2.....	5mg
Vitamin A (2500iu) (Retinol Preparation).....	757µg RE
Chromium (Picolinate).....	53µg
Folic Acid (Folacin).....	400µg
Potassium (Iodide).....	69µg
Vitamin D (100iu).....	2.5µg
(Cholecalciferol Preparation)	
Biotin.....	50µg
Vitamin B12.....	10µg

## PERFECT YOU

- On the cutting edge of hair, skin and nail support.
- A first-rate product including L-Cysteine, an important part of Keratin, from which hair and nails are made.

### ACTIVE INGREDIENTS PER TABLET:

Calcium (Phosphate).....	44mg
Vitamin C (Ascorbic Acid).....	125mg
Inositol.....	125mg
Vitamin E (50iu).....	33.6mg α-TE
(dl-Alpha Tocopheryl Acetate Preparation)	
Pantothenic Acid - Vitamin B5.....	92mg
(Calcium d Pantothenate)	
L-Cysteine.....	100mg
Para Amino Benzoic Acid.....	50mg
Niacin - Vitamin B3 (Nicotinamide).....	20mg NE
Vitamin B6 (Pyridoxine Hydrochloride).....	12.3mg
Thiamin - Vitamin B1 (Hydrochloride).....	8.9mg
Riboflavin - Vitamin B2.....	10mg
Zinc (Citrate).....	1mg
Manganese (Gluconate).....	123µg
Biotin.....	800µg
Copper (Gluconate).....	70µg
Folic Acid (Folacin).....	400µg
Vitamin B12.....	10µg

PRODUCT	Everyday Woman
PACK SIZE	30 VTabs
CODE	439
DAILY INTAKE	1 Tablet with food

**S L Y G W V**



## MADE IN THE UK

Health Plus products are made in the UK, as we understand the importance of using manufacturers in the UK!

Tel: 01323 872277





# DIGESTIVE AIDS

## DIGESTIVE AIDS

When the food we eat is not properly digested and absorbed we can develop symptoms of nutritional deficiency. To use the phrase 'you are what you eat' is not strictly true; 'you are what you absorb' is probably more correct.

A significant proportion of the nutrients in our diet never get absorbed into the body. By maintaining a clean and healthy digestive system, absorption of nutrients can be improved.

The ability to digest macro nutrients (protein, fat, carbohydrate) depends on the efficient production of digestive enzymes. For some people production of these enzymes is inefficient and a supplement containing digestive enzymes may be just what is required.

## PRO-BIOTICS

Pro-biotics are also known as intestinal flora or beneficial bacteria. Some are 'resident' - meaning they live in the digestive system - while others 'pass through' - but they have a vital role to play as they move through the digestive tract. Pro-biotics have many functions including helping to make some B vitamins, supporting the immune system, digesting food and promoting the proper health of the digestive system.

PRODUCT	Megadophilus
PACK SIZE	60 VCaps
CODE	428
DAILY INTAKE	1-2 Capsules without food
	Follow a low-yeast, low-sugar diet



## MEGADOPHILUS

- A mighty 125 billion Acidophilus probiotic.
- The dairy-free way to maintain intestinal health.
- Our strongest single strain product.

### ACTIVE INGREDIENTS PER CAPSULE:

Lactobacillus Acidophilus Concentrate.... 187.5mg  
*which provides:*  
 Lactobacillus Acidophilus..... 1.25 billion



## MULTI PROBIOTIC

- Unrivalled probiotic experience.
- The dairy-free way to take probiotics.
- A powerhouse of five beneficial bacteria.
- 1 billion viable organisms of each strain.



### ACTIVE INGREDIENTS PER CAPSULE:

Probiotic Premix.....250mg  
*which provides:*  
 Bifido Bacterium Bifidum..... 1 billion  
 Lactobacillus Acidophilus..... 1 billion  
 Lactobacillus Bulgaricus.....1 billion  
 Lactobacillus Helveticus..... 1 billion  
 Streptococcus Thermophilus..... 1 billion



We know you want the healthiest products you can buy, which is why wherever you see this symbol it means it's totally Yeast Free.



PRODUCT	Multi Probiotic
PACK SIZE	30 VCaps
CODE	632
PACK SIZE	60 VCaps
CODE	429
DAILY INTAKE	1-2 Capsules without food
	Follow a low-yeast, low-sugar diet





## MEGA MULTI PROBIOTIC

- A dairy-free probiotic powerhouse.
- Our maximum strength five strain product.
- 4 billion viable organisms of each strain.
- Help maintain digestion, immunity and general well-being.

### ACTIVE INGREDIENTS PER CAPSULE:

Probiotic Premix .....500mg  
 Providing 20 billion viable organisms:  
 Bifido Bacterium Bifidum .....4 billion  
 Lactobacillus Acidophilus .....4 billion  
 Lactobacillus Bulgaricus .....4 billion  
 Lactobacillus Helveticus. ....4 billion  
 Streptococcus Thermophilus...4 billion  
 FOS (Fructooligosaccharides).....50mg



PRODUCT	Mega Multi Probiotic
PACK SIZE	30 VCaps
CODE	635
PACK SIZE	60 VCaps
CODE	636
DAILY INTAKE	1-2 Capsules with food Follow a low-yeast, low-sugar diet



## PRE-BIOTICS

A pre-biotic is a foodstuff that helps to feed intestinal flora, such as Lactobacillus Acidophilus and Bifido Bacterium Bifidum. Pre-biotic foods include bananas, artichokes, barley, garlic, onions and soybeans, as well as fructooligosaccharides (FOS).

## ACIDOPHILUS

- A practical, no-nonsense 40 million Acidophilus product.
- Dairy-free, so suited to anyone who wants to avoid lactose.

### ACTIVE INGREDIENTS PER CAPSULE:

Acidophilus Bacteria Mixture.....40mg  
 which provides:  
 Lactobacillus Acidophilus. 40 million

PRODUCT	Acidophilus
PACK SIZE	90 VCaps
CODE	069
DAILY INTAKE	1-4 Capsules without food Follow a low-yeast, low-sugar diet



## DIGESTIVE FIBRE

Some foods contain substantial amounts of fibre, particularly cereals, pulses and some fruit and vegetables.

Fibre is an indigestible complex carbohydrate and is either water-soluble or water-insoluble. Soluble fibre is absorbed by the body and may help to maintain normal cholesterol levels. Insoluble fibre is not absorbed by the body but acts as a bulking agent to help maintain regular movements and intestinal health.

Most people don't eat the recommended 18g of fibre each day, so they may find a fibre supplement is the most practical way to up their daily intake.

## PSYLLIUM SEED HUSK FIBRE

- Psyllium is a remarkable fibre, containing both soluble and insoluble fibre and mucilage.
- A useful addition to help you attain our recommended 18g of fibre a day.
- Presented in a convenient gelatin free capsule to take anywhere!

### ACTIVE INGREDIENTS PER CAPSULE:

Psyllium Seed Husk Fibre.....500mg

PRODUCT	Psyllium Seed Husk Fibre
PACK SIZE	90 VTabs
CODE	443
DAILY INTAKE	1-3 Capsules with a large glass of water



## FOS POWDER

- An exceptional pre-biotic.
- Feed your intestinal health.
- Fructooligosaccharides are a natural fibre, found in unprocessed fruits and vegetables.

### ACTIVE INGREDIENTS PER THREE GRAMS:

Fructooligosaccharides (FOS).....3000mg

PRODUCT	FOS Powder
PACK SIZE	V-200g
CODE	508
DAILY INTAKE	3 grams (1 gram before each meal)



# DIGESTIVE AIDS



## BETAINE HCL + PEPSIN

- Heavy duty, uncompromising digestive formulation to help maintain proper digestive acid levels.

### ACTIVE INGREDIENTS PER TABLET:

Betaine Hydrochloride.....	324mg
Pepsin .....	50mg

Do not give to children.  
Do not take if peptic ulcers are present.

PRODUCT	Betaine HCL + Pepsin
PACK SIZE	180 Tabs
CODE	068
DAILY INTAKE	1 - 3 Tablets with food



## CAPRYLIC ACID 350mg

- A fascinating fatty acid that helps to keep the gut free of yeast.
- Maintaining healthy levels of beneficial bacteria in the digestive system.

### ACTIVE INGREDIENTS PER TABLET:

Caprylic Acid.....	350mg
--------------------	-------



PRODUCT	Caprylic Acid 350mg
PACK SIZE	100 V-Tabs
CODE	035

### DAILY INTAKE

1-3 Tablets with food



PRODUCT	Digest Plus
PACK SIZE	60 V-Tabs
CODE	029

### DAILY INTAKE

1-2 Tablets, three times a day with food



## DIGEST PLUS

- This digestive enzyme product is made to an exacting specification.
- Containing all three of the major enzyme groups together with other important co-workers for efficient digestion.

### ACTIVE INGREDIENTS PER THREE TABLETS:

DigeZyme®.....	225mg
which provides:	
Amylase.....	5400 units
Protease.....	1350 units
Cellulase.....	45 units
Lactase.....	900 units
Lipase.....	225 units
Acidophilus Bacteria Mixture.....	60mg
which provides:	
Lactobacillus Acidophilus.....	60 million
Peppermint Oil.....	1.8mg



## DIGESTIVE ENZYMES

Digestive enzymes help food break down in the digestive tract - starting in the mouth as food is eaten and continuing through the stomach and intestines. The stomach produces three main types of enzyme. These are generalised and collectively called: lipase, for fat digestion; protease, for protein digestion; amylase, for carbohydrate digestion.



## ARTICHOKE

- This durable plant extract is manufactured to rigorous standards..
- Helps to maintain proper digestion and may also help maintain healthy cholesterol levels.
- Mixture of standardised extract and whole powder, for maximum effectiveness.

### ACTIVE INGREDIENTS PER TABLET:

Artichoke Standardised Extract.....	250mg
which provides:	
5%-6% Caffeoylquinic Acid.....	12.5mg-15mg
4% Cynarin.....	10mg
Artichoke Powder.....	100mg



PRODUCT	Artichoke
PACK SIZE	60 V-Tabs
CODE	544
DAILY INTAKE	1 - 2 Tablets with food



PRODUCT	Super Cod Liver Oil 1000mg
PACK SIZE	90 Caps
CODE	125
DAILY INTAKE	1-2 Capsules with food



# OMEGA FATTY ACIDS



## SUPER COD LIVER OIL

- A spectacular source of omega-3 fatty acids, as well as vitamins A and D.
- Maintain your joint health.
- Meticulously screened to guarantee the best quality and safest product for you.

### ACTIVE INGREDIENTS PER CAPSULE:

Cod Liver Oil .....	1000mg
which provides:	
Vitamin A (2500iu) .....	800µg RE
Vitamin D (200iu).....	5µg
Eicosapentaenoic Acid (EPA).....	82.5mg
Docosahexaenoic Acid (DHA).....	74.5mg

## OMEGA FATTY ACIDS

Fatty acids, sometimes referred to as vitamin F, are divided into several types, the most common of which are omega-3, omega-6 and omega-9.

Omega-3 fatty acids include EPA, DHA and alpha-linolenic acid, whilst omega-6 fatty acids include linoleic acid, gamma-linolenic acid and arachidonic acid. Both of these fatty acid groups are polyunsaturated. Omega-9 fatty acids are considered non-essential but are a beneficial fatty acid and the most common form is oleic acid. Omega-9 fatty acids are monounsaturated.

Omega-3 fatty acids appear mainly in oily fish, such as salmon and mackerel. Omega-6 dietary sources are usually plant-derived, particularly seeds and nuts. Omega-9, like omega-6, is generally plant, seed and nut-derived but can also be manufactured in the body from carbohydrates.

Several reports suggest that by increasing our intake of fatty acids we can maintain our brain function, metabolism and energy levels and help maintain our immune system.



## HIGH POTENCY OMEGA-3 EPA

- Our highest strength source of Marine Lipid Concentrate.
- Providing potent amounts of EPA and DHA - principal omega-3 fatty acids.
- Maintain proper brain function, heart health and hormone production.

### ACTIVE INGREDIENTS PER CAPSULE:

Marine Lipid Concentrate .....	1000mg
which provides (omega-3):	
33% Eicosapentaenoic Acid .....	330mg
22% Docosahexaenoic Acid .....	220mg

PRODUCT	High Potency Omega-3 EPA
PACK SIZE	30 Caps
CODE	633
PACK SIZE	90 Caps
CODE	634
DAILY INTAKE	1 Capsule with food

**SLYGW**

## OMEGA-3 EPA

- The ultimate source of Marine Lipid Concentrate
- Providing massive amounts of EPA and DHA - principal omega-3 fatty acids

### ACTIVE INGREDIENTS PER CAPSULE:

Marine Lipid Concentrate .....	1000mg
which provides (omega-3):	
18% Eicosapentaenoic Acid .....	180mg
12% Docosahexaenoic Acid .....	120mg



PRODUCT	Omega-3 EPA
PACK SIZE	30 Caps
CODE	032
PACK SIZE	90 Caps
CODE	538
DAILY INTAKE	1 Capsule with food

**SLYGW**



# OMEGA FATTY ACIDS



## OMEGA FLAXSEED OIL 1000mg

- A high strength alternative to our 500mg product.
- Double the potency but less than double the price!

### ACTIVE INGREDIENTS PER CAPSULE:

Flaxseed Oil..... 1000mg  
 which typically provides:  
 Omega-3 : 52.5% .....525mg  
 Omega-6 : 17.5% .....175mg  
 Omega-9 : 25% .....250mg

PRODUCT	Omega Flaxseed Oil 1000mg
PACK SIZE	90 Caps
CODE	271
DAILY INTAKE	1 - 3 Capsules with food



## OMEGA FLAXSEED OIL 500mg

- Flaxseed Oil is remarkable as a vegetarian fatty acid source.
- It's a natural source of omega-3, omega-6 and omega-9 fatty acids.
- Presented in a gelatin free capsule.



### ACTIVE INGREDIENTS PER CAPSULE:

Flaxseed Oil .....500mg  
 which typically provides:  
 Omega-3 .....318mg  
 Omega-6 .....42mg  
 Omega-9 .....42mg

PRODUCT	Omega Flaxseed Oil 500mg
PACK SIZE	90 VCaps
CODE	464
DAILY INTAKE	1-3 Capsules with food



## STARFLOWER OIL 500mg

- Starflower Oil is one of the richest naturally-occurring sources of GLA.
- Double the GLA of Evening Primrose Oil - in the same size capsule!

### ACTIVE INGREDIENTS PER CAPSULE:

Starflower Oil (Borage Oil 20% GLA)..500mg  
 which provides (omega-6):  
 GLA .....100mg

PRODUCT	Starflower Oil 500mg
PACK SIZE	90 Caps
CODE	126
DAILY INTAKE	1-3 Capsules with food



## HIGH STRENGTH STARFLOWER OIL

- A no-nonsense 1000mg Starflower Oil formulation.
- Commonly known as Borage Oil.
- An amazing 20% GLA content.

### ACTIVE INGREDIENTS PER CAPSULE:

Starflower Oil .....1000mg  
 (Borage Oil 20% GLA)  
 which provides (omega-6):  
 GLA .....200mg

PRODUCT	High Strength Starflower Oil
PACK SIZE	90 Caps
CODE	127
DAILY INTAKE	1-3 Tablets with food



## OMEGA-3 : FISH OILS

EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) have been shown to help maintain immunity and are crucial in the body's production of prostaglandins (hormone-like compounds which control every cell function) and maintaining proper brain function by helping neuro-transmitter balance.

EPA is thought to be involved in maintaining a healthy cardiovascular system, joint mobility and good at helping to maintain healthy looking skin, hair and nails.







## OMEGA COMPLEX

- A new perspective on fatty acid combinations.
- Providing omega-3 and omega-6 fatty acids from both plant and fish sources.
- Ensuring your intake of GLA, EPA and DHA.

### ACTIVE INGREDIENTS PER CAPSULE:

Evening Primrose Oil (10% GLA) .....	250mg
which provides (omega-6):	
GLA .....	.25mg
Starflower Oil (22% GLA).....	250mg
which provides (omega-6):	
GLA .....	.55mg
Marine Lipid Concentrate .....	250mg
which provides (omega-3):	
Eicosapentaenoic Acid (EPA).....	.45mg
Docosahexaenoic Acid (DHA).....	.30mg



PRODUCT	EPO 500mg
PACK SIZE	30 VCaps
CODE	447
PACK SIZE	60 VCaps
CODE	449
DAILY INTAKE	1-3 Capsules with food



## EVENING PRIMROSE OIL 500mg

- Finally, an Evening Primrose Oil product suitable for vegetarians and vegans.
- A fantastic 21st century gelatin free alternative to an age-old favourite.
- Still with a guaranteed 10% GLA content.

### ACTIVE INGREDIENTS PER CAPSULE:

Evening Primrose Oil (10% GLA) .500mg	which provides (omega-6):
GLA.....	.50mg



## EVENING PRIMROSE OIL 500mg

- This compact and easy to take capsule promises a minimum 9% GLA content.
- Tremendous value for money.
- A guarantee you can count on.

### ACTIVE INGREDIENTS PER CAPSULE:

Evening Primrose Oil .....	500mg
(9% GLA)	
which provides (omega-6):	
GLA .....	.45mg



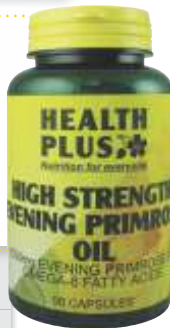
## HIGH STRENGTH EVENING PRIMROSE OIL

- An amazing 1000mg of guaranteed 9% GLA Evening Primrose Oil.
- Even greater value for money than our standard product.

### ACTIVE INGREDIENTS PER CAPSULE:

Evening Primrose Oil (9% GLA) .....	1000mg
which provides (omega-6):	
GLA .....	.90mg

PRODUCT	High Strength Evening Primrose Oil 1000mg
PACK SIZE	90 Caps
CODE	128
DAILY INTAKE	1-2 Capsules with food



## OMEGA-6 : PLANT OILS

Evening Primrose Oil and Starflower Oil are good sources of omega-6 fatty acids (such as Gamma Linolenic Acid - GLA), omega-9 fatty acids and saturated oils. GLA helps the production of hormone-like substances which regulate many body functions such as blood pressure, the reproductive cycle and help maintain a healthy skin.

## OMEGA-9 : PLANT OILS

The most common source of omega-9 is Flaxseed. Omega-9 fatty acids help to promote a healthy vascular system and support the function of omega-3 and omega-6 fatty acids by maintaining healthy cholesterol levels.

# PLANT SUPPLEMENTS

## PLANT SUPPLEMENTS

Plant and herbal supplements are the fastest growing sector in the field of nutrition with the benefits of more and more plants being discovered on an almost daily basis. This section aims to cover the most common and useful products in this fascinating sector, covering general invigoration through to high power antioxidants like Pycnogenol®.

With our plant products we aim to combine the potency, quality and standardisation of the extract (which guarantees the level of the important constituent) with the raw powder, to bring you a powerful product. Where we have not combined both extract and powder, this is because here at **Health Plus** we believe that the maximum effectiveness comes from the plant as a whole, not one particular constituent.

To enable you to better select products from this section, we have divided it into subcategories; these are General & Antioxidants (pages 36-37), Digestive Health (pages 37), Body Shape (page 35), Women's Health (page 40), Men's Health (page 41) and Memory (pages 42-43). Although, in many cases there will be cross-overs and overlaps, as many of the ingredients are multi-purpose.

## PYCNOGENOL® 30mg

- Simply superb protection.
- Pycnogenol® is an extract from the bark of the Maritime Pine.
- The primary constituent is Procyanidin, a potent antioxidant.
- We use quality guaranteed material from Horphag Research Ltd, world leaders in the supply of Pycnogenol®.

### ACTIVE INGREDIENTS PER TABLET:

Pycnogenol® .....30mg  
 which provides:  
 60% Procyanidin .....18mg

PRODUCT	Pycnogenol® 30mg
PACK SIZE	30 V-Tabs
CODE	236
DAILY INTAKE	1 Tablet with food



## BILBERRY WITH EYEBRIGHT



LIQUORICE TINCTURE ALSO AVAILABLE Page 67

- Bilberry extract and bilberry powder for maximum effectiveness.
- The all-round nature of this product is completed with the addition of Eyebright powder, which was mentioned in the 16th Century Doctrine of Signatures, suggesting its appearance indicated its possible use.

### ACTIVE INGREDIENTS PER TABLET:

Bilberry Powder..... 250mg  
 Bilberry Standardised Extract..... 10mg  
 which provides:  
 25% Anthocyanosides.....25mg  
 Eyebright Powder..... 50mg

PRODUCT	Bilberry with Eyebright
PACK SIZE	30 V-Tabs
CODE	430
DAILY INTAKE	1 Tablet with food





PRODUCT	Spirulina 500mg
PACK SIZE	90 VTabs
CODE	122
DAILY INTAKE	1-3 Tablets with food



**SPIRULINA 500mg**



- The natural choice.
- Freshwater, blue-green algae containing all of the essential amino acids, Beta Carotene, GLA, Iron, B vitamins, minerals, pigments (such as chlorophyll), omega-3 and omega-6 fatty acids.
- Of amazing special nutritional value.
- Especially suitable to those who follow vegetarian, vegan or low carbohydrate diets.
- Popular amongst athletes due to its ability to maintain good health during competition and recovery from training.

ACTIVE INGREDIENTS PER TABLET:  
Spirulina.....500mg



**MADE IN THE UK**

Health Plus products are made in the UK and understand the importance of using manufacturers in the UK!

**CHLORELLA 550mg**

- Chlorella Pyrenoidosa is a singlecell freshwater micro-algae.
- A natural source of chlorophyll and rich in beta carotene, B vitamins, minerals and fatty acids.
- Containing a unique substance known as Chlorella Growth Factor.
- **Health Plus** Chlorella is a high strength tablet containing all of the nutrients this blue-green algae has become renowned.
- Avoid the hassle associated with many powdered forms of this supplement.

ACTIVE INGREDIENTS PER TABLET:  
Chlorella..... 550mg

PRODUCT	Chlorella 550mg
PACK SIZE	60 VTabs
CODE	146
DAILY INTAKE	1-2 Tablets with food



“ Thank you for a great and quick service, I'm very happy with all the products I ordered. MRS DE LA PIEDRA, HONG KONG ”

**KELP 300mg**



- One of our everyday favourites.
- Naturally rich in Iodine, a constituent of thyroxine, which may help to maintain normal metabolism.
- Also helps maintain healthy skin.

ACTIVE INGREDIENTS PER TABLET:  
Kelp..... 300mg  
which naturally provides:  
Iodine.....240µg

PRODUCT	Kelp 300mg
PACK SIZE	250 VTabs
CODE	287
DAILY INTAKE	1-2 Tablets with food



PRODUCT	Whole Grape (OPC)
PACK SIZE	30 VTabs
CODE	183
DAILY INTAKE	1-2 Tablets with food



**WHOLE GRAPE COMPLEX**

- Exclusive to Health Plus.
- Grapes are a rich source of antioxidants, including quercetin and resveratrol.
- Combining the significant benefits of grape skin, seed & flesh.
- Resveratrol may help maintain blood fluidity and 'good-type' HDL cholesterol.



**ACTIVE INGREDIENTS PER TABLET:**

Whole Grape 10:1 Extract.....	100mg
which provides:	
18% Polyphenols.....	18mg
(naturally containing Oligomeric Proanthocyanidin - OPC)	
Resveratrol.....	20mg



PRODUCT	Olive Leaf 500mg
PACK SIZE	60 VTabs
CODE	276
DAILY INTAKE	1 Tablet with food

**OLIVE LEAF 500mg**

- All the benefits of the Mediterranean!
- Helping to maintain proper energy levels as well as proper immune system function.
- Formulated with standardised extract to make sure that the important constituents are not lost.



**ACTIVE INGREDIENTS PER TABLET:**

Olive Leaf Standardised Extract.....	500mg
which provides:	
6% Oleuropein.....	30mg



PRODUCT	Siberian Ginseng 600mg
PACK SIZE	60 VTabs
CODE	495
DAILY INTAKE	1-2 Tablets with food



**SIBERIAN GINSENG 600mg**

- Simplicity at its best!
- Siberian ginseng may help maintain stamina, concentration and the healthy function of the immune system.
- Naturally contains eleutherosides.



**ACTIVE INGREDIENTS PER TABLET:**

Siberian Ginseng.....	600mg
(naturally containing eleutherosides)	



“  
 Ginseng is native to north-eastern China, eastern Russia and North Korea but is now extremely rare in the wild Korean Ginseng is one of the eight species known as Panax Ginseng.  
 ”

FREE DELIVERY - See order form for details





**AÇAÍ BERRY EXTRACT**

- An antioxidant superfood, derived from the Amazonian Acai berry.
- A rich source of anthocyanadins, as well as protein, fibre, enzymes, amino acids, minerals, phytosterols and fatty acids Also high in polyphenols.
- Acai Extract and Fruit Powder mixed with Grapefruit Powder for maximum benefit.
- Helping to maintain you ideal weight.



ACTIVE INGREDIENTS PER TABLET:

Açaí Berry Extract .....	300mg
which provides	
20% Polyphenols.....	60mg
Açaí Fruit Powder.....	150mg
Grapefruit Powder.....	150mg

PRODUCT	Acai
PACK SIZE	60 VTabs
CODE	599
DAILY INTAKE	2 Tablets with food



**L** Many of our products at Health Plus are completely free of Lactose and another other Dairy derivatives making them friendly to those who are intolerant.



PRODUCT	Gotu Kola 600mg
PACK SIZE	60 VTabs
CODE	280
DAILY INTAKE	1 Tablet with food

**GOTU KOLA**

- A flawless reputation as a central part in Ayurvedic remedies.
- May help to maintain circulation and digestive system health.
- Standardised extract mixed with whole herb for the all-round effects of the plant.



ACTIVE INGREDIENTS PER TABLET:

Gotu Kola Leaf Powder .....	200mg
Gotu Kola Standardised 4:1 Extract ...	100mg
equivalent to:	
Gotu Kola.....	400mg
(naturally containing triterpenoids)	



PRODUCT	Cranberry 5000
PACK SIZE	60 VTabs
CODE	432
DAILY INTAKE	1-2 Tablets with food

**CRANBERRY 5000**

- A rich source of Cranberry, to help maintain the health of the urinary tract by maintaining natural PH balance.
- A high impact product: each tablet provides the equivalent of 5000mg of fresh Cranberry.



ACTIVE INGREDIENTS PER TABLET:

Cranberry Standardised 25:1 Extract.....	200mg
equivalent to:	
Fresh Cranberry Juice.....	5000mg
(naturally containing proanthocyanidins)	





PRODUCT	Aloe Vera 5000mg
PACK SIZE	30 VCaps
CODE	132
DAILY INTAKE	1 Capsule with food



## ALOE VERA 5000mg

- Nature's gift in a capsule.
- Providing a more potent formulation than can be provided by juice, in a convenient, concentrated, vegan, gelatin free capsule.



ACTIVE INGREDIENTS PER CAPSULE:

Aloe Vera Concentrate (200:1) ....	50mg equivalent to:
Aloe Vera .....	10,000mg



## ALOE VERA

A cactus-style plant with distinctive succulent leaves, Aloe Vera has gained popularity at an astounding rate. This is based on its ability to help maintain digestive health when consumed and its skin care properties when applied topically. Aloe Vera really is health from the inside out!

## GINGER ROOT 550mg

- Ginger, as well as being a familiar spice, has a reputation for aiding proper digestive health.
- Health Plus Ginger Root, using standardised extract, may provide natural help to maintain the proper health and balance fo the digestive system.
- Especially useful when travelling.



ACTIVE INGREDIENTS PER TABLET:

Ginger Root Standardised 4:1 Extract.	140mg equivalent to:
Ginger Root .....	550mg (naturally containing gingerol)



PRODUCT	Ginger Root 500mg
PACK SIZE	60 V-Tabs
CODE	149
DAILY INTAKE	1-2 Tablets with food



PRODUCT	Turmeric Plus
PACK SIZE	30 VCaps
CODE	648
DAILY INTAKE	1-2 Capsules with food



## TURMERIC PLUS

- A combination of key herbs and spices to help maintain joint and digestive health
- 8,000mg Turmeric providing 380mg Curcumin to act as a natural soother
- Combined with warming and settling Ginger Root, Bromelain and Black Pepper (Piperine) to greatly improve absorption and bioavailability



ACTIVE INGREDIENTS PER CAPSULE:

Turmeric 20:1 Extract .....	400mg equivalent to:
Turmeric .....	8,000mg which provides: 95% Curcumin .....
Turmeric Root Powder .....	50mg
Bromelain .....	8mg
Black Pepper Extract .....	5.5mg which provides: 95% Piperine .....
Ginger Root 20:1 Extract.....	5mg equivalent to: Ginger Root .....
(naturally containing Gingerol)	100mg

## SUPERGREENS POWDER

- All the great benefits of Supergreens capsules, in a powder format.
- Great for smoothies.



ACTIVE INGREDIENTS PER FIVE GRAMS:

Spirulina .....	750mg	Spinach .....	500mg
Wheat Grass .....	750mg	Alfalfa .....	500mg
Barley Grass .....	500mg	Kale Powder .....	500mg
Chlorella .....	500mg	Carrot Powder .....	250mg
Broccoli Powder .....	500mg	Celery Powder .....	250mg

PRODUCT	Supergreens
PACK SIZE	V-150g
CODE	655
DAILY INTAKE	5 grams with food



PRODUCT	Premier Garlic 500mg
PACK SIZE	60 VCaps
CODE	041
DAILY INTAKE	1-2 Capsules with food



## PREMIER GARLIC

- A fusion of science and nature.
- Garlic has been used for many years, and gained an incredible reputation for its healthcare properties
- **Health Plus** Premier Garlic uses a 100:1 Extract to provide a high strength allicin content without the odour

### ACTIVE INGREDIENTS PER CAPSULE:

Odourless Garlic 100:1 Extract .....	133.4mg
equivalent to:	
Raw garlic .....	13,340mg
which provides:	
Allicin (15,000ppm) .....	2,000µg



## GARLIC MACERATE

- A welcome addition to our Garlic range.
- A liquid-filled capsules containing garlic standardised to 3150ppm allicin.
- Helps maintain a healthy digestive system, as well as many other reputed healthcare properties.

### ACTIVE INGREDIENTS PER CAPSULE:

Garlic Macerate .....	530mg
which provides:	
Allicin .....	1670µg

PRODUCT	Garlic Macerate 530mg
PACK SIZE	60 VCaps
CODE	273
DAILY INTAKE	1-2 Capsules with food



## CINNAMON 500mg

- Internationally renowned and said to be one of the oldest spices in the world.
- Traditionally used for thousands of years.
- This power-packed spice may help to maintain proper blood-sugar balance and digestive health.

### ACTIVE INGREDIENTS PER TWO CAPSULES:

Cinnamon Powder .....	1000mg
(naturally containing terpenoids)	



PRODUCT	Cinnamon 500mg
PACK SIZE	60 VCaps
CODE	533
DAILY INTAKE	2-3 Capsules with food



## SUPERGREENS

- A fantastically nutrient rich ten superfood combination.
- A natural source of vitamins, minerals, antioxidants, amino acids and other macro nutrients.
- A potent source of raw fuel to promote great health and general well-being.
- Increase your daily greens intake to boost energy levels and detox the digestive system.



PRODUCT	Supergreens
PACK SIZE	90 VCaps
CODE	654
DAILY INTAKE	2-3 Capsules, twice with food

### ACTIVE INGREDIENTS PER FOUR CAPSULES:

Spirulina .....	300mg	Spinach .....	200mg
Wheat Grass .....	300mg	Alfalfa .....	200mg
Barley Grass .....	200mg	Kale Powder .....	200mg
Chlorella .....	200mg	Carrot Powder .....	100mg
Broccoli Powder .....	200mg	Celery Powder .....	100mg





**RED CLOVER**

- We are proud to present our best ever isoflavone product.
- Red Clover is native to Europe and Asia, and has been traditionally taken as a tea.



LIQUIFORCE TINCTURE ALSO AVAILABLE Page 68

ACTIVE INGREDIENTS PER TABLET:  
 Red Clover Standardised Extract....500mg which provides:  
 8% Isoflavones.....40mg  
 Red Clover Powder.....200mg

PRODUCT	Red Clover (40mg Isoflavones)
PACK SIZE	30 V-Tabs
CODE	541
DAILY INTAKE	1-2 Tablets with food



**SAGE 400mg**

- Enduring quality and a welcome addition to the **Health Plus** Plant Supplement range.
- Sage has many uses, including aiding proper digestion and gum health.
- Also helps to maintain the nervous system.

LIQUIFORCE TINCTURE ALSO AVAILABLE Page 68



ACTIVE INGREDIENTS PER TABLET:  
 Sage Leaf Powder .....400mg (naturally containing flavonoids)



Pregnant or breast-feeding women should not use Sage supplements.

PRODUCT	Sage 400mg
PACK SIZE	60 V-Tabs
CODE	540

DAILY INTAKE  
 1-2 Tablets with food



**SOYA ISOFLAVONES 750mg**

- Suitable for both men and women.
- The primary isoflavones are genistein and daidzein.
- Isoflavones have many health properties, including as an antioxidant.

ACTIVE INGREDIENTS PER TABLET:  
 Soya Isoflavones Powder .....750mg which provides:  
 2% Isoflavones.....15mg

PRODUCT	Soya Isoflavones 750mg
PACK SIZE	60 V-Tabs
CODE	283

DAILY INTAKE  
 1-2 Tablets with food





PRODUCT	Lycopene Plus 10mg
PACK SIZE	30 VCaps
CODE	434
PACK SIZE	90 VCaps
CODE	491
DAILY INTAKE	1-2 Capsules with food



**LYCOPENE PLUS**



- An advanced trio of highly acclaimed antioxidant nutrients, Lycopene, vitamin E and Selenium which help to maintain a healthy prostate.
- The power of the tomato in a vegetarian and vegan gelatin free capsule.

ACTIVE INGREDIENTS PER CAPSULE:  
 Vitamin E (200iu) .....134mg α-TE  
 (d-Alpha Tocopheryl Preparation - GMO Free)  
 Tomato Oleoresin (6% Lycopene).....167mg  
 which provides:  
 Lycopene.....10mg  
 Selenium (Yeast) .....100µg



“  
 Lycopene occurs naturally in tomatoes;  
 each one of our Lycopene Plus capsules  
 is equal to 330g of raw tomato!  
 ”



PRODUCT	Saw Palmetto + Zinc
PACK SIZE	60 VCaps
CODE	460
DAILY INTAKE	1 Capsule with food



**SAW PALMETTO + ZINC**

- A brilliant mix essential for men.
- The remarkable herb Saw Palmetto, combined with Zinc to maximise its effectiveness on maintaining prostate health.



ACTIVE INGREDIENTS PER CAPSULE:  
 Saw Palmetto Standardised 4:1 Extract .....200mg  
 equivalent to:  
 Saw Palmetto .....800mg  
 Zinc (Gluconate) .....15mg



**DAILY PACKS**

There are more Men's Health products in our high-potency, multi-tablet / capsule multi formula Daily Pack range, such as Prostate Pack and H H Pack. See page 44 for details. Daily Packs are supernutrition in a sachet!







## LECITHIN

Lecithin is a rich natural source of Choline and Inositol. It is vital to liver function, as it helps in the processing of fats and cholesterol as well as helping to maintain livercell walls.

It is also important in fat metabolism (used by slimmers) and is a key nutrient when it comes to efficient brain function, as its Choline content - when vitamin B5 is present as well - is transformed into acetyl-choline, a brain chemical vital for the transmission of messages between brain cells.

All Health Plus Lecithin products used guaranteed GMO free material.

### LECITHIN 550mg

- Has a devout following.
- A gelatin free capsule that sets it apart from all the others.
- Suitable for vegetarians and vegans alike.

ACTIVE INGREDIENTS  
PER CAPSULE:

Soya Bean Lecithin .....550mg  
(GMO Free)



PRODUCT	Lecithin 550mg
PACK SIZE	90 VCaps
CODE	274
DAILY INTAKE	1-3 Capsules with food



PRODUCT	Lecithin Granules
PACK SIZE	1-200g
CODE	199
DAILY INTAKE	1 Tablespoon (75g) sprinkled on food



### LECITHIN GRANULES

- A simple and effective way to take Lecithin.
- Can be sprinkled on or mixed into a variety of food.
- For many people, granules are the preferred way to take the important nutrients contained in Lecithin.

ACTIVE INGREDIENTS PER 7.5 GRAMS:

Soya Bean Lecithin Granules (GMO Free).....7.5g



**S** Many of our products at Health Plus are completely Sugar Free making them exceptional products to have whilst on any low-sugar, healthy eating plan. It's important to Health Plus to cater for people with various medical conditions like Diabetes. The sugar free products ensure anyone can consume these.

### LECITHIN 1200mg

- A commanding 1200mg Lecithin capsule.
- A completely natural food product.
- A natural source of Choline and Inositol

ACTIVE INGREDIENTS PER CAPSULE:

Soya Bean Lecithin (GMO Free) .....1200mg

PRODUCT	Lecithin 1200mg
PACK SIZE	90 Caps
CODE	042
DAILY INTAKE	1-3 Capsules with food





## GINKGO BILOBA

Ginkgo leaves contain several active properties including flavonoids, which are believed to maintain the health and strength of blood vessels and circulation (thus helping to oxygenate the brain), and exhibit antioxidant qualities, mopping up excess free radicals.

Ginkgo can be taken on a year-round basis.



PRODUCT	Ginkgo 50
PACK SIZE	60 VTabs
CODE	123
DAILY INTAKE	1-2 Tablets with food



PRODUCT	Ginkgo 100
PACK SIZE	60 VTabs
CODE	124
DAILY INTAKE	1-2 Tablets with food



LIQUIFORCE TINCTURE ALSO AVAILABLE Page 69

## GINKGO 100

- We deliver the power of the Ginkgo leaf.
- This extract provides the equivalent of 5000mg Ginkgo Biloba.
- For those that need that extra strength.

### ACTIVE INGREDIENTS PER TABLET:

Ginkgo Biloba Standardised 50:1 Extract .....	100mg
which provides:	
24% Ginkgoflavonglycosides .....	24mg
6% Ginkgo Terpene Lactones .....	6mg
3.2% Bilobalid .....	3.2mg

## RED YEAST RICE COMPLEX

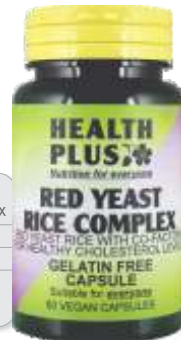
- A LDL cholesterol lowering combination of key nutrients to help in the fight for good health. High in fibre and plant sterols.
- Combined with other nutrients, all known to have a health maintaining effect on cholesterol.

### ACTIVE INGREDIENTS PER CAPSULE:

Red Yeast Rice .....	350mg
which provides:	
0.4% Monacolin K .....	1.4mg
Psyllium Seed Husk Fibre .....	100mg
Vitamin E (50iu) .....	33mg α-TE
(d-Alpha Tocopheryl Succinate - GMO free)	
Co Enzyme Q10 .....	15mg
Niacin - Vitamin B3 (Nicotinamide) .....	10mg NE



PRODUCT	Red Yeast Rice Complex
PACK SIZE	60 VCaps
CODE	649
DAILY INTAKE	1-2 Capsules with food



## GINKGO 50

- A lower strength for easier divided intake throughout the day.
- This extract provides the equivalent of 2500mg Ginkgo Biloba.

LIQUIFORCE TINCTURE ALSO AVAILABLE Page 69

### ACTIVE INGREDIENTS PER TABLET:

Ginkgo Biloba Standardised 50:1 Extract .....	50mg
which provides:	
24% Ginkgoflavonglycosides .....	12mg
6% Ginkgo Terpene Lactones .....	3mg
3.2% Bilobalid .....	1.6mg



PRODUCT	Korean Ginseng 600mg
PACK SIZE	60 VTabs
CODE	134
DAILY INTAKE	1-2 Tablets with food



## KOREAN GINSENG 600mg

- A product you'll treasure.
- Ginseng has been used for thousands of years because of its normalising and balancing action on the body.
- It can help to maintain stamina, concentration and the healthy function of the immune system.
- Menopausal women often find it of use when taken with vitamins B6 and E.



### ACTIVE INGREDIENTS PER TABLET:

Korean Ginseng .....	600mg
which provides:	
2%-4% Ginsenosides .....	12mg-24mg



# DAILY PACKS

## DAILY PACKS

Aiming to take the stress and guesswork out of supplementation, we offer HEALTH PLUS Daily Packs, which are formulated for specific groups, and contain a 28 day supply, with each daily sachet of tablets and/or capsules providing the correct nutrients for a day.

This makes them not only portable but also means more convenience - less pots to clutter up cupboards and shelves - making it easier to remember to take them. Economical and easy to take, Daily Packs represent excellent, convenient value for money giving substantial cost-savings on buying the tablets / capsules individually.

To enable you to better select products from this section, we have divided it into subcategories; these are General Well-Being (pages 44-47), which covers many different groups, Men's Health (page 50) and Women's Health (pages 48-49).

**ALSO SEE**

### SUPERSAVERS

Already great value for money,

you can save even more on our Daily

Packs when you take advantage of our new

Supersavers Look for this symbol throughout the guide, or turn to page 72!

**SUPER SAVER**

PRODUCT	Immune Pack
PACK SIZE	V-28 Days
CODE	037
DAILY INTAKE	1 Sachet (2 V-Tabs, 1 V-Cap) with food

**S L Y G W V A G**

## DETOX PACK

- A long-time favourite.
- A must-have advanced antipollutant formula, with antioxidants and L-Cysteine.



### ACTIVE INGREDIENTS PER DAILY SACHET:

Vitamin C (Ascorbic Acid).....	1000mg
Calcium (Carbonate).....	300mg
Magnesium (Oxide).....	150mg
L-Cysteine.....	200mg
Pectin.....	100mg
Vitamin E (100iu).....	67mg $\alpha$ -TE
(d-Alpha Tocopheryl Succinate - GMO Free)	
Zinc (Gluconate).....	10mg
Caropure® (30% beta carotene).....	50mg
providing Natural Beta Carotene.....	15mg
equivalent to Vitamin A (8250iu).....	2500µg RE
Glutathione.....	25mg
Citrus Bioflavonoids.....	25mg
Selenium (Selenomethionine Preparation).....	25µg

PRODUCT	Detox Pack
PACK SIZE	V-28 Days
CODE	050

### DAILY INTAKE

1 Sachet (2 V-Tabs, 1 V-Cap) with food

**S L Y G W V G**

## IMMUNE PACK

- All-season balanced-state antioxidant versatility, for maximum support of the immune system.



### ACTIVE INGREDIENTS PER DAILY SACHET:

Vitamin C (Ascorbic Acid).....	1000mg
Magnesium (Carbonate).....	150mg
Calcium (Phosphate).....	150mg
Vitamin E (100iu).....	67mg $\alpha$ -TE
(d-Alpha Tocopheryl Succinate - GMO Free)	
Zinc (Gluconate).....	10mg
Citrus Bioflavonoids.....	25mg
Vitamin A (15750iu).....	4750µg RE
provided by:	
Natural Beta Carotene (8250iu).....	2500µg RE
Retinol Preparation (7500iu).....	2250µg RE
Selenium (Selenomethionine Preparation).....	50µg
Molybdenum (Ammonium Molybdate).....	50µg

“The Original and Still the Best”

**S L Y G W A**

PRODUCT	Joint Pack
PACK SIZE	28 Days
CODE	136
DAILY INTAKE	
	1 Sachet (2 V Tabs, 1 VCap, 1 Cap) with food

**SUPER SAVER**



**JOINT PACK**

- A heavy duty vitamin and mineral formula, combined with fatty acids for maximum joint flexibility and bone health maintenance.
- High in fish oils for joint lubrication.
- A great partner to any of our Glucosamine products, starting on page 52.

**ACTIVE INGREDIENTS PER DAILY SACHET:**

Vitamin C (Ascorbic Acid).....	1300mg
Marine Lipid Concentrate .....	1000mg
which provides (omega-3):	
Eicosapentaenoic Acid (EPA) .....	180mg
Docosahexaenoic Acid (DHA) .....	120mg
Calcium (Carbonate) .....	250mg
Vitamin E (400iu) .....	268mg α-TE
(d-Alpha Tocopheryl Succinate - GMO Free)	
Magnesium (Oxide).....	165mg
Iron (Ferrous Gluconate).....	10mg
Zinc (Gluconate) .....	10mg
Niacin - Vitamin B3 (Nicotinamide).....	50mg NE
Pantothenic Acid - Vitamin B5 .....	46mg
(Calcium d Pantothenate)	
Vitamin B6 (Pyridoxine Hydrochloride).....	41mg
Thiamin - Vitamin B1 (Hydrochloride).....	22.3mg
Citrus Bioflavonoids.....	25mg
Riboflavin - Vitamin B2.....	25mg
Manganese (Gluconate) .....	2.5mg
Selenium (Selenomethionine Preparation) .....	100µg
Vitamin A (7500iu) (Retinol Preparation).....	2250µg RE
Chromium (Chloride).....	50µg
Vitamin D (400iu) (Cholecalciferol Preparation).....	10µg
Folic Acid (Folacin) .....	100µg
Biotin.....	50µg
Vitamin B12 .....	10µg

**S L Y G W A**

PRODUCT	Vitality Pack
PACK SIZE	V-28 Days
CODE	016
DAILY INTAKE	
	1 Sachet (4 V Tabs) with food



**TOP 10 SELLER**

**VITALITY PACK**

- Vitality with convenience - for all!
- A wide range of nutrients for the best in vitamin vitality and general well-being.

**ACTIVE INGREDIENTS PER DAILY SACHET:**

Vitamin C (Ascorbic Acid).....	1250mg
Calcium (Phosphate, Carbonate) .....	361.8mg
Magnesium (Carbonate).....	112.9mg
Iron (Ferrous Gluconate) .....	13mg
Vitamin B6 (Pyridoxine Hydrochloride).....	75mg
Thiamin - Vitamin B1 (Hydrochloride).....	75mg
Vitamin E (100iu) .....	67mg α-TE
(d-Alpha Tocopheryl Succinate - GMO Free)	
Pantothenic Acid - Vitamin B5.....	75mg
(Calcium d Pantothenate)	
Riboflavin - Vitamin B2.....	75mg
Niacin - Vitamin B3 (Nicotinamide).....	75mg NE
Zinc (Gluconate) .....	8.6mg
Para Amino Benzoic Acid.....	50mg
Iodine (Kelp) .....	40µg
Choline di Hydrogen Citrate.....	50mg
Inositol.....	50mg
Manganese (Gluconate) .....	6.3mg
Potassium (Chloride).....	15mg
Citrus Bioflavonoids.....	25mg
Selenium (Selenomethionine Preparation) .....	100µg
Vitamin A (7500iu) (Retinol Preparation).....	2250µg RE
Vitamin D (400iu) (Cholecalciferol Preparation).....	10µg
Chromium (Picolinate) .....	20µg
Folic Acid (Folacin) .....	100µg
Biotin.....	100µg
Vitamin B12 .....	10µg





## METABOLIC PACK

- For people on the go!
- Specially created for active people and slimmers alike.
- A high performance combination of nutrients that help to maintain a properly functioning metabolism.

### ACTIVE INGREDIENTS PER DAILY SACHET:

Vitamin C (Ascorbic Acid).....	1250mg
Calcium (Phosphate, Carbonate) .....	186.8mg
Vitamin B6 (Pyridoxine Hydrochloride).....	157mg
Niacin - Vitamin B3.....	175mg NE
(Nicotinamide, Nicotinic Acid)	
Zinc (Gluconate) .....	13.6mg
Iron (Ferrous Gluconate) .....	10.7mg
Thiamin - Vitamin B1 (Hydrochloride).....	75mg
Vitamin E (100iu).....	67mg α-TE
(d-Alpha Tocopheryl Succinate - GMO Free)	
Pantothenic Acid - Vitamin B5 .....	75mg
(Calcium d Pantothenate)	
Riboflavin - Vitamin B2.....	75mg
Para Amino Benzoic Acid.....	50mg
Choline di Hydrogen Citrate.....	50mg
Inositol.....	50mg
Magnesium (Carbonate).....	10.9mg
Citrus Bioflavonoids.....	25mg
Vitamin A (7500iu) (Retinol Preparation).....	2250µg RE
Selenium (Selenomethionine Preparation) .....	50µg
Manganese (Gluconate).....	1.3mg
Potassium (Chloride).....	5mg
Chromium (Chloride).....	110µg
Vitamin D (400iu) (Cholecalciferol Preparation).....	10µg
Folic Acid (Folacin) .....	100µg
Biotin.....	100µg
Vitamin B12.....	10µg

PRODUCT	Metabolic Pack
PACK SIZE	V-28 Days
CODE	017

DAILY INTAKE  
1 Sachet (5 VTabs) with food

**SLYGWVA**

TOP  
**10**  
SELLER

**SUPER  
SAVER**

**SLYGWA**

PRODUCT	Teenage Pack
PACK SIZE	28 Days
CODE	144
DAILY INTAKE	1 Sachet (3 VTabs, 1 Cap) with food



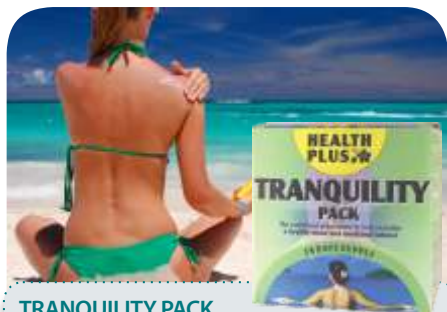
## TEENAGE PACK

- For the new generation!
- Designed for today's teenagers, during this incredibly demanding period of life when growth and development are at their peak.
- Great for boys and girls.

### ACTIVE INGREDIENTS PER DAILY SACHET:

Cod Liver Oil.....	1000mg
which provides:	
Vitamin A (2500iu).....	800µg RE
Vitamin D (200iu).....	5µg
Eicosapentaenoic Acid (EPA) .....	82.5mg
Docosahexaenoic Acid (DHA) .....	74.5mg
Vitamin C (Ascorbic Acid).....	750mg
Calcium (Phosphate, Carbonate) .....	158.8mg
Iron (Ferrous Gluconate).....	10.7mg
Vitamin E (100iu).....	67mg α-TE
(d-Alpha Tocopheryl Succinate - GMO Free)	
Zinc (Citrate, Gluconate) .....	13.6mg
Rosehips .....	50mg
Magnesium (Carbonate).....	10.9mg
Vitamin B6 (Pyridoxine Hydrochloride).....	25mg
Thiamin - Vitamin B1 (Hydrochloride).....	25mg
Pantothenic Acid - Vitamin B5 .....	25mg
(Calcium d Pantothenate)	
Citrus Bioflavonoids.....	25mg
Riboflavin - Vitamin B2.....	25mg
Niacin - Vitamin B3 (Nicotinamide).....	25mg NE
Selenium (Selenomethionine Preparation) .....	50µg
Manganese (Gluconate).....	1.3mg
Potassium (Chloride).....	5mg
Vitamin D (400iu) (Cholecalciferol Preparation).....	10µg





## TRANQUILITY PACK

- A combination of key nutrients to help you deal with life's everyday bumps.
- Suitable for people from all walks of life.
- High in vitamins including vitamin D, minerals, 5-HTP, Omega-3 and Lecithin.
- The nutritional programme to help maintain a healthy mood and emotional balance!

### ACTIVE INGREDIENTS PER DAILY SACHET:

Marine Lipid Concentrate	1000mg
which provides (omega-3):	
33% Eicosapentaenoic Acid (EPA)	330mg
22% Docosahexaenoic Acid (DHA)	220mg
Soya Bean Lecithin (GMO Free)	550mg
Calcium (Phosphate, Carbonate)	186.8mg
Vitamin C (Ascorbic Acid)	250mg
Magnesium (Oxide, Carbonate)	60.9mg
Zinc (Gluconate)	13.6mg
Griffonia Seed Standardised Extract	102mg
which provides:	
5-HTP	100mg
Iron (Ferrous Gluconate)	10.7mg
Vitamin E (100iu)	67mg α-TE
(d-Alpha Tocopheryl Succinate)	
Vitamin B6 (Pyridoxine Hydrochloride)	45.5mg
Niacin - Vitamin B3 (Nicotinamide)	40mg
Thiamin - Vitamin B1 (Hydrochloride)	25mg
Pantothenic Acid - Vitamin B5	25mg
(Calcium d Pantothenate)	
Riboflavin - Vitamin B2	25mg
Vitamin A (7500iu)	2250µg RE
(Retinol Preparation)	
Manganese (Gluconate)	1.3mg
Selenium (Selenomethionine Preparation)	50µg
Potassium (Chloride)	5mg
Vitamin D3 (400iu)	10µg
(Cholecalciferol Preparation)	

PRODUCT	Tranquility Pack
PACK SIZE	28 Days
CODE	645
DAILY INTAKE	
	1 Sachet (2 V-Tabs, 1 V-Cap, 1 Cap) with food



PRODUCT	Diabetes Pack
PACK SIZE	28 Days
CODE	644
DAILY INTAKE	
	1 Sachet (2 V-Tabs, 2 V-Caps, 1 Cap) with food



## DIABESITY PACK

- A combination of key nutrients all known to be involved in glucose homeostasis.
- Suitable for diabetics.
- High in vitamins, minerals, Glutathionine, Alpha Lipoic Acid, Cinnamon, Omega-3 and Co Q10.
- The nutritional programme to help maintain a healthy blood sugar balance and glycemic load!

### ACTIVE INGREDIENTS PER DAILY SACHET:

Marine Lipid Concentrate	1000mg
which provides (omega-3):	
18% Eicosapentaenoic Acid (EPA)	180mg
12% Docosahexaenoic Acid (DHA)	120mg
Cinnamon Powder	1000mg
Vitamin C (Ascorbic Acid)	200mg
Calcium (Phosphate)	47mg
Alpha Lipoic Acid	120mg
Magnesium (Oxide)	70mg
Vitamin E (100iu)	67mg α-TE
(d-Alpha Tocopheryl Succinate)	
Zinc (Citrate)	15mg
Iron (Ferrous Fumerate)	10mg
Niacin - Vitamin B3 (Nicotinamide)	30mg NE
Selenium (Selenomethionine Preparation)	100µg
Vitamin B6 (Pyridoxine Hydrochloride)	15mg
Thiamin - Vitamin B1 (Hydrochloride)	15mg
Pantothenic Acid - Vitamin B5	15mg
(Calcium d Pantothenate)	
Riboflavin - Vitamin B2	15mg
Co Enzyme Q10	10mg
Glutathionine	10mg
Manganese (Gluconate)	1mg
Vitamin A (2500iu) (Acetate)	757.5µg RE
Vitamin D2 (600iu) (Ergocalciferol Preparation)	15µg
Copper (Sulphate)	1mg
Chromium (Chloride)	200µg
Folic Acid (Folacin)	400µg
Biotin	100µg
Vitamin B12	100µg
Iodine (Potassium Iodide)	50µg

Fax: 01323 872278



**SLYGVG<sub>Fr</sub>**

PRODUCT	Pregnancy Pack
PACK SIZE	V-28 Days
CODE	018
DAILY INTAKE	1 Sachet (6 VTabs, 1 VCap) with food

**SUPER SAVER**



## PREGNANCY PACK

- The most advanced pregnancy formula available!
- To help meet Mum's extra nutritional needs from conception, through pregnancy and up to the end of breast-feeding.
- With 400µg Folic Acid, as recommended by the Government's Chief Medical Officer, plus many more nutrients.

### ACTIVE INGREDIENTS PER DAILY SACHET:

Vitamin C (Ascorbic Acid).....	1250mg
Calcium (Phosphate, Carbonate) .....	333.8mg
Magnesium (Carbonate).....	112mg
Vitamin B6 (Pyridoxine Hydrochloride).....	107mg
Zinc (Gluconate) .....	18.6mg
Iron (Ferrous Gluconate) .....	13mg
Vitamin E (100iu) .....	67mg $\alpha$ -TE
(d-Alpha Tocopheryl Succinate - GMO Free)	
Iodine (Kelp) .....	40µg
Caropure® (30% beta carotene) .....	50mg
which provides:	
Natural Beta Carotene.....	15mg
equivalent to:	
Vitamin A (8250iu) .....	2500µg RE
Manganese (Gluconate).....	6.3mg
Potassium (Chloride).....	15mg
Thiamin - Vitamin B1 (Hydrochloride).....	25mg
Pantothenic Acid - Vitamin B5 .....	25mg
(Calcium d Pantothenate)	
Riboflavin - Vitamin B2.....	25mg
Niacin - Vitamin B3 (Nicotinamide).....	25mg NE
Citrus Bioflavonoids .....	25mg
Selenium (Selenomethionine Preparation) .....	100µg
Vitamin D (400iu) (Cholecalciferol Preparation).....	10µg
Folic Acid (Folacin) .....	400µg
Biotin .....	200µg
Chromium (Picolinate) .....	20µg
Vitamin B12 .....	50µg



**CONTAINS 400µg FOLIC ACID**



## MENOPAUSE PACK

- Designed to meet today's demands.
- Carefully formulated to supply vitamins, minerals and fatty acids important during the menopause.
- Helps you maintain energy and enthusiasm naturally.

### ACTIVE INGREDIENTS PER DAILY SACHET:

Vitamin C.....	752mg
(Calcium Ascorbate, Ascorbic Acid)	
Evening Primrose Oil (10% GLA) .....	450mg
which provides (omega-6):	
GLA.....	45mg
Calcium (Phosphate, Carbonate) .....	158.8mg
Vitamin B6 (Pyridoxine Hydrochloride).....	107mg
Zinc (Gluconate) .....	13.6mg
Iron (Ferrous Gluconate) .....	10.7mg
Vitamin E (105iu) .....	70.4mg $\alpha$ -TE
(d-Alpha Tocopheryl Succinate - GMO Free)	
Magnesium (Carbonate).....	10.9mg
Riboflavin - Vitamin B2.....	25mg
Niacin - Vitamin B3 (Nicotinamide).....	25mg NE
Pantothenic Acid - Vitamin B5 .....	25mg
(Calcium d Pantothenate)	
Thiamin - Vitamin B1 (Hydrochloride).....	25mg
Rosehips .....	15mg
Selenium (Selenomethionine Preparation) .....	50µg
Manganese (Gluconate) .....	1.3mg
Potassium (Chloride).....	5mg
Acerola.....	7.5mg
Vitamin D (400iu) (Cholecalciferol Preparation).....	10µg

PRODUCT	Menopause Pack
PACK SIZE	V-28 Days
CODE	137
DAILY INTAKE	1 Sachet (3 VTabs, 1 VCap) with food

**YGVVG<sub>Fr</sub>**

**SLYGWVAG**

PRODUCT	Control Pack
PACK SIZE	V-28 Days
CODE	030
DAILY INTAKE	1 Sachet (3 V-Tabs, 3 VCaps) with food Follow a low-sugar, low-yeast diet.



**CONTROL PACK**

- Still the best!
- The foremost programme for helping to maintain intestinal health and providing the correct balance of friendly bacteria.
- Outstanding levels of probiotics, garlic, Caprylic Acid and antioxidants.

**ACTIVE INGREDIENTS PER DAILY SACHET:**

Pure-Gar® Deodorised Garlic Concentrate.....	1000mg
equivalent to:	
Garlic.....	3000mg
which provides:	
Allicin (2000ppm).....	2000µg
Caprylic Acid.....	700mg
Calcium (Phosphate).....	150mg
Magnesium (Carbonate).....	150mg
Lactobacillus Acidophilus Concentrate.....	187.5mg
which provides:	
Lactobacillus Acidophilus.....	1.25 billion
Zinc (Gluconate).....	10mg
Vitamin E (100iu).....	67mg α-TE
(d-Alpha Tocopheryl Succinate - GMO Free)	
Vitamin A (7500iu) (Retinol Preparation).....	2250µg RE
Selenium (Selenomethionine Preparation).....	50µg
Molybdenum (Ammonium Molybdate).....	50µg



**OSTEO PACK**

- A first rate formulation for anyone (man or woman) prone to osteoporosis.
- Key nutrients for maintaining bone health in an easy -to-take, one-a-day sachet.

**ACTIVE INGREDIENTS PER DAILY SACHET:**

Magnesium (Carbonate, Citrate).....	300mg
Vitamin C (Ascorbic Acid).....	1000mg
Calcium.....	400mg
(Carbonate, Phosphate, Citrate, Orotate, Gluconate)	
Vitamin E (100iu).....	67mg α-TE
(d-Alpha Tocopheryl Succinate - GMO Free)	
Zinc (Gluconate).....	10mg
Vitamin B6 (Pyridoxine Hydrochloride).....	50mg
Thiamin - Vitamin B1 (Hydrochloride).....	50mg
Pantothenic Acid - Vitamin B5.....	50mg
(Calcium d Pantothenate)	
Para Amino Benzoic Acid.....	50mg
Riboflavin - Vitamin B2.....	50mg
Niacin - Vitamin B3 (Nicotinamide).....	50mg NE
Choline di Hydrogen Citrate.....	50mg
Inositol.....	50mg
Citrus Bioflavonoids.....	25mg
Vitamin A (7500iu) (Retinol Preparation).....	2250µg RE
Selenium (Selenomethionine Preparation).....	50µg
Vitamin D (200iu) (Cholecalciferol Preparation).....	5µg
Folic Acid (Folacin).....	100µg
Biotin.....	100µg
Molybdenum (Ammonium Molybdate).....	50µg
Vitamin B12.....	10µg

PRODUCT	Osteo Pack
PACK SIZE	V-28 Days
CODE	135
DAILY INTAKE	1 Sachet (4 V-Tabs) with food

**SLYGWVA**



**ALSO SEE**

**DIGESTIVE AIDS**

You'll find lots of other Digestive Aid products, like Multi Probiotic, Digest Plus, Betaine HCL + Pepsin and Artichoke in the section starting on page 28.



“

*I find the H H Pack not only very good value for money but also provides the right balance of vitamins and minerals.*  
**MR BROWN, ILFORD**

”



## PROSTATE PACK

- As good as its always been!
- The power of the tomato, plus other key essential nutrients including Saw Palmetto, Selenium, Flaxseed and vitamin E.
- High in Lycopene and antioxidants for all round prostate health maintenance.

### ACTIVE INGREDIENTS PER DAILY SACHET:

Flaxseed Oil .....	500mg
which typically provides:	
Omega-3 .....	318mg
Omega-6 .....	42mg
Omega-9 .....	42mg
Vitamin E (200iu) .....	134mg $\alpha$ -TE
(d-Alpha Tocopheryl Succinate - GMO Free)	
Saw Palmetto Standardised 4:1 Extract.....	200mg
equivalent to:	
Saw Palmetto .....	800mg
Tomato Oleoresin (6% Lycopene).....	167mg
which provides:	
Lycopene.....	10mg
Zinc (Gluconate).....	15mg
Selenium (Yeast) .....	100µg

PRODUCT	Prostate Pack
PACK SIZE	V-28 Days
CODE	462
DAILY INTAKE	
	1 Sachet (3 VCaps) with food

**SLGWVG**



**SLY GWA**

PRODUCT	H H Pack
PACK SIZE	28 Days
CODE	025

DAILY INTAKE  
 1 Sachet (3 V-Tabs,  
 1 Cap) with food

**TOP  
 10  
 SELLER**



## H H PACK

- The complete nutritional programme.
- Helps meet the nutritional needs imposed by daily life, to maintain a healthy heart and circulation.
- High in omega-3 fatty acids and other important cardiovascular nutrients.
- A great partner product to our TMG Complex on page 56.

### ACTIVE INGREDIENTS PER DAILY SACHET:

Vitamin C (Ascorbic Acid).....	1252mg
Calcium (Phosphate, Carbonate) .....	308.8mg
Marine Lipid Concentrate .....	1000mg
which provides (omega-3):	
Eicosapentaenoic Acid (EPA) .....	180mg
Docosahexaenoic Acid (DHA) .....	120mg
Magnesium (Carbonate).....	160.9mg
Vitamin E (200iu) .....	134mg $\alpha$ -TE
(d-Alpha Tocopheryl Succinate - GMO Free)	
Zinc (Gluconate) .....	13.5mg
Iron (Ferrous Gluconate) .....	10.7mg
Pantothenic Acid - Vitamin B5 .....	25mg
(Calcium d Pantothenate)	
Citrus Bioflavonoids.....	25mg
Niacin - Vitamin B3 (Nicotinamide).....	25mg NE
Vitamin B6 (Pyridoxine Hydrochloride).....	25mg
Riboflavin - Vitamin B2.....	25mg
Thiamin - Vitamin B1 (Hydrochloride).....	25mg
Selenium (Selenomethionine Preparation) .....	100µg
Vitamin A (7500iu) (Retinol Preparation).....	2250µg RE
Manganese (Gluconate).....	1.3mg
Potassium (Chloride).....	5mg
Vitamin D (400iu) (Cholecalciferol Preparation).....	10µg
Molybdenum (Ammonium Molybdate).....	50µg





PRODUCT	Optim-Eyes
PACK SIZE	30 V-Tabs
CODE	591
DAILY INTAKE	1 Tablet with food



### OPTIM-EYES

- The pinnacle in eye health supplements!
- Lutein and Zeaxanthin, both renowned for their ability to maintain proper eye health and vision.
- With Bilberry extract and Lycopene, as well as important vitamins and minerals.
- A product that is second to none.



#### ACTIVE INGREDIENTS PER TABLET:

Vitamin C (Ascorbic Acid).....	150mg
Tomato Extract.....	60mg
which provides	
5% Lycopene.....	3mg
Marigold Extract.....	60mg
which provides	
5% Lutein.....	3mg
Zinc (Gluconate).....	7.5mg
Bilberry Extract.....	50mg
which provides	
25% Anthocyanosides .....	12.5mg
Beta Carotene Powder.....	50mg
which provides	
10% Beta Carotene.....	5mg
equivalent to	
Vitamin A (2750iu).....	833µg RE
Citrus Bioflavonoids.....	25mg
Selenium (Selenomethionine Preparation).....	100µg
Marigold Extract.....	20mg
which provides	
10% Zeaxanthin.....	2mg
Niacin - Vitamin B3 (Nicotinamide).....	18mg NE
Vitamin B6 (Pyridoxine Hydrochloride).....	10mg
Vitamin E (15iu).....	10mg α-TE
(d-Alpha Tocopheryl Succinate)	
Riboflavin - Vitamin B2.....	10mg
Vitamin D (200iu) (Ergocalciferol Preparation).....	5µg



# SPECIAL NUTRIENTS

### SPECIAL NUTRIENTS

All of our Special Nutrient products are unique in nature, which has prompted us to give them a section to themselves.

They could be either vitamins, minerals, fatty acids or plant supplements or a combination of nutrients, all of which are considered to have a health benefit.

Here is where you'll find such popular products as Co Enzyme Q10, Glucosamine + MSM, Green Shelled Mussel, NADH and Bee Propolis.

To enable you to better select products from this section, we have divided it into subcategories: these are Mood & Memory (page 57), Energy (pages 54-55), Joint Health (pages 52-54) and General Well-Being (page 56).

*Take advantage of our expertise. Contact us if you need advice.*



### HYALURONIC ACID 100mg

- An important component of connective tissue and a major ingredient of synovial fluid.
- Combined with vitamin C for maximum effectiveness.
- A must for joint care and anti-ageing.



#### ACTIVE INGREDIENTS PER TABLET:

Hyaluronic Acid.....	100mg
Vitamin C (Ascorbic Acid).....	100mg

PRODUCT	Hyaluronic Acid 100mg
PACK SIZE	30 V-Tabs
CODE	642
DAILY INTAKE	1-2 Tablets with food



Tel: 01323 872277

## GLUCOSAMINE HCL 750

- The King of the Glucosamines!
- Glucosamine Hydrochloride (HCL) has more Glucosamine per gram than other forms of this vital nutrient, so is much better value for money than many other brands.
- With the added bonus of being suitable for vegetarians and vegans as it's shellfish free!

ACTIVE INGREDIENTS  
PER TABLET:

Glucosamine Hydrochloride ...750mg



PRODUCT	Glucosamine HCL 750
PACK SIZE	60 V-Tabs
CODE	539
DAILY INTAKE	1-2 Tablets with food



PRODUCT	Glucosamine C
PACK SIZE	60 Tabs
CODE	184
DAILY INTAKE	1-3 Tablets with food

## GLUCOSAMINE C

- The original and still hugely popular.
- A no fuss formulation that combines 500mg Glucosamine Sulphate with 250mg vitamin C (for added absorption) to help maintain proper joint health.

ACTIVE INGREDIENTS PER TABLET:

Glucosamine Sulphate 2KCL.....667mg  
(from crustaceans)  
which provides:  
Glucosamine Sulphate .....500mg  
Vitamin C (Ascorbic Acid).....250mg



## GLUCOSAMINE

Glucosamine is an amino sugar that is produced in the body by the combination of glucose and the amino acid glutamine.

Glucosamine plays a vital role in the formation of synovial fluids, tendons, ligaments, skin, bones, heart valves, blood vessels and in the mucus secretions of the digestive, urinary and respiratory tracts.

As we age, our supply of this important substance can be less efficiently produced so a supplement may be needed.



PRODUCT	Glucosamine Chondroitin Complex
PACK SIZE	60 Tabs
CODE	275

DAILY INTAKE  
1-3 Tablets with food

## GLUCOSAMINE CHONDROITIN COMPLEX

- Advanced joint support.
- Adds the renowned features of Chondroitin to the consistently popular Glucosamine C for an almost unbeatable joint health combination.

ACTIVE INGREDIENTS PER TABLET:

Glucosamine Sulphate 2KCL.....667mg  
(from crustaceans)  
which provides:  
Glucosamine Sulphate .....500mg  
Chondroitin Sulphate.....400mg  
Vitamin C (Ascorbic Acid).....250mg



“

*I will tell friends and family of your excellent customer care and products. Thank you once again for your kindness.*

*MS GLAVES, SHEFFIELD*

”





## GLUCOSAMINE + MSM

- Exceptional, maximised joint support.
- Advanced Glucosamine HCL combined with MSM, another important nutrient for joint health.
- A formulation that's second to none!



### ACTIVE INGREDIENTS PER TABLET:

Glucosamine Hydrochloride..... 500mg  
MSM.....500mg

**G** We know that you want the healthiest products you can buy, which is why wherever possible our products are Gluten Free. Just look for this symbol.



PRODUCT	Glucosamine HCL + MSM
PACK SIZE	60 V-Tabs
CODE	543
DAILY INTAKE	1-3 Tablets with food



## MSM 1000mg

- Class leading 1000mg strength
- This practical and functional nutrient in the convenience of a tablet.
- Suitable for both vegetarians and vegans.



### ACTIVE INGREDIENTS PER TABLET:

MSM..... 1000mg

PRODUCT	MSM 1000mg
PACK SIZE	90 V-Tabs
CODE	243
DAILY INTAKE	1-2 Tablets with food



PRODUCT	Glucosamine HCL 1500
PACK SIZE	30 V-Tabs
CODE	592
DAILY INTAKE	1 Tablet with food



## GLUCOSAMINE HCL 1500

- Our highest strength Glucosamine ever!
- 1500mg of the more bio-available Glucosamine Hydrochloride.



### ACTIVE INGREDIENTS PER TABLET:

Glucosamine Hydrochloride .....1500mg

MSM - methylsulfonylmethane - is a source of a bioavailable form of active sulphur, which has been around since the beginning of life. As sulphur is easily destroyed in the food we eat, a regular daily supply is recommended.

MSM helps to maintain joint and connective tissue health, as well as having an effect on general health.



PRODUCT	Green Shelled Mussel 250mg
PACK SIZE	90 Tabs
CODE	286
DAILY INTAKE	1 Tablet with food



## GREEN SHELLLED MUSSEL

- Extracted from a shellfish found only in New Zealand.
- Often chosen by people who want to maintain joint mobility.

### ACTIVE INGREDIENTS PER TABLET:

Green Shelled Mussel Powder.....250mg

Tel: 01323 872277

## VITAMIN K2 100µg

- Vitamin K2 is a fat-soluble vitamin that is essential for proper bone formation and blood clotting, due to its action on calcium transportation.
- Studies have shown that many men and women do not get the recommended amount of this all important vitamin.



ACTIVE INGREDIENTS PER TABLET:  
Vitamin K2 (MK-7) .....100µg

PRODUCT	Vitamin K2 100µg
PACK SIZE	60 VTabs
CODE	640

DAILY INTAKE  
1-2 Tablets with food



## NADH 5.5mg

- A distinctive and versatile dynamic energy and antioxidant nutrient.
- Nicotinamide Adenine Dinucleotide (NADH) is a coenzyme form of vitamin B3 which occurs naturally in all living cells.
- Vital for many biochemical reactions in the body, it is necessary for cellular development and energy.
- Containing no caffeine, it helps to maintain energy levels all day long.



ACTIVE INGREDIENTS PER TABLET:  
NADH (NADH di Sodium)..... 5.5mg

PRODUCT	NADH 5.5mg
PACK SIZE	30 VTabs
CODE	244
PACK SIZE	60 VTabs
CODE	536

DAILY INTAKE  
1 Tablet with food



## SLYGWV

PRODUCT Guaraná 750mg

PACK SIZE 60 VTabs

CODE 594

DAILY INTAKE

1-2 Tablets with food

## GUÁRANÁ 750mg

- Naturally contains caffeine.
- Very popular with people wanting an energy boost.

ACTIVE INGREDIENTS PER TABLET:  
Guaraná.....750mg  
(naturally containing Caffeine, Theobromine and Theophylline)



## BEE PROPOLIS 1000mg

- A supplement straight from nature
- Bee Propolis is a rich source of nutrients, particularly flavonoids, amino acids, vitamins and minerals.
- Over 20% of Propolis is made of flavonoids, which are known for their antioxidant properties.

ACTIVE INGREDIENTS PER TABLET:  
Bee Propolis Standardised 4:1 Extract.....250mg  
equivalent to:  
Bee Propolis..... 1000mg  
(naturally containing flavonoids)

PRODUCT	Bee Propolis 1000mg
PACK SIZE	60 VTabs
CODE	282

DAILY INTAKE  
1 Tablet with food



**CO ENZYME Q10 60mg**

- A powerhouse Co Q10 product for those who demand more.
- Its 60mg strength and gelatin free capsule set it apart from all the others.
- The Co Enzyme Q10 product of choice.



ACTIVE INGREDIENTS  
PER CAPSULE:

Co Enzyme Q10 .....60mg



PRODUCT	Co Enzyme Q10 60mg
PACK SIZE	30 VCaps
CODE	583
PACK SIZE	60 VCaps
CODE	463
DAILY INTAKE	1-2 Capsules with food



**CO Q PLUS**

- A mighty advanced Co Enzyme formulation in a tablet.
- Adding B vitamins for maximum absorption and promoting exceptional energy release.
- The popular 30mg of Co Enzyme Q10 improved by the addition of B vitamins.

ACTIVE INGREDIENTS PER TABLET:

Co Enzyme Q10.....30mg  
 Thiamin - Vitamin B1 (Hydrochloride)..... 22.3mg  
 Riboflavin - Vitamin B2.....25mg  
 Niacin - Vitamin B3.....25mg NE (Nicotinamide)  
 Pantothenic Acid - Vitamin B5...23mg (Calcium d Pantothenate)  
 Vitamin B6.....20.5mg (Pyridoxine Hydrochloride)  
 Folic Acid (Folacin)..... 100µg  
 Biotin.....50µg  
 Vitamin B12.....10µg



PRODUCT	Co Q Plus
PACK SIZE	30 VTab
CODE	019
DAILY INTAKE	1-3 Tablets with food



PRODUCT	Co Enzyme Q10 30mg
PACK SIZE	60 VCaps
CODE	433
DAILY INTAKE	1-3 Capsules with food



**CO ENZYME Q10 30mg**

- A popular high performance 30mg strength.
- Now in a gelatin free capsule.
- A must-have "top up" intake of this versatile nutrient.

ACTIVE INGREDIENTS PER CAPSULE:

Co Enzyme Q10.....30mg

**CO ENZYME Q10**

Co Enzyme Q10 (also known as ubiquinone) is a vitamin-like substance that is essential for the health of human tissue as it plays a vital role in the production of energy.

Although it occurs naturally in the body, as we get older our supplies may diminish and so a supplement is often needed.

Co Q10 has also proved effective in helping to maintain the circulation, immunity, cardiovascular system, teeth and gums, oxygenating the blood and alertness.



PRODUCT	Co Enzyme Q10 30mg (Softgel)
PACK SIZE	60 Caps
CODE	130
DAILY INTAKE	1-3 Capsules with food



**CO ENZYME Q10 30mg**

- Our most popular Co Enzyme Q10 product.
- A softgel alternative to our other Co Enzyme Q10 30mg products.
- Suspended in GMO free soya bean oil to aid bio-availability and therefore the body's absorption of Co Enzyme Q10.

ACTIVE INGREDIENTS PER CAPSULE:

Co Enzyme Q10 .....30mg

## ALPHA LIPOIC ACID 100mg

- For the young at heart!
- A fat-soluble and water-soluble nutrient that helps provide antioxidant protection to a wide range of body systems, as well as helping to maintain a healthy look to the skin.
- Sometimes referred to as the universal antioxidant.

ACTIVE INGREDIENTS  
PER TABLET:

Alpha Lipoic Acid..... 100mg



PRODUCT	Alpha Lipoic Acid 100mg
PACK SIZE	60 V-Tabs
CODE	451
DAILY INTAKE	1-2 Tablets with food



## TMG COMPLEX

- Tri-Methyl Glycine (TMG) may help to maintain proper heart health by keeping homocysteine levels normal, especially as we age.
- Combined with other important co-factors, including B vitamins.

ACTIVE INGREDIENTS PER  
TWO TABLETS:

Tri-Methyl Glycine (TMG).....1000mg  
Calcium (Phosphate).....142mg  
Magnesium (Oxide).....200mg  
Choline (di Hydrogen Citrate)..... 100mg  
Zinc (Gluconate)..... 10mg  
Vitamin B6 (Pyridoxine Hydrochloride)..... 30mg  
Riboflavin - Vitamin B2.....30mg  
Folic Acid (Folacin).....400µg  
Vitamin B12.....400µg



PRODUCT	TMG Complex
PACK SIZE	60 V-Tabs
CODE	509
DAILY INTAKE	2-3 Tablets with food



## SLYGWV

PRODUCT	Mushroom Extract Complex
PACK SIZE	60 V-Tabs
CODE	570
DAILY INTAKE	1-3 Tablets with food



## MUSHROOM EXTRACT COMPLEX

- After substantial development a high-power combination of four mushrooms.
- Rich in polysaccharides.
- May help to maintain immune system function, prostate health and healthy cholesterol levels.

ACTIVE INGREDIENTS PER TABLET:

Maitake Standardised Extract..... 125mg  
which provides:  
15% Polysaccharides.....18.75mg  
(including d-beta glucan)  
Shiitake Standardised Extract..... 125mg  
which provides:  
10% Polysaccharides.....12.5mg  
(including lentinan)  
Reishi Standardised Extract..... 125mg  
which provides:  
10% Polysaccharides.....12.5mg  
(including d-beta glucan)  
Cordyceps Standardised Extract..... 125mg  
which provides:  
7% Cordyceptic Acid.....8.75mg



## TYRO TAN

- A tried and tested summertime favourite.
- Tyrosine is an amino acid that may help to protect the normal health of the skin.
- Health Plus Tyro Tan combines Tyrosine with PABA and Copper which may also help to promote a healthy, golden tan.

ACTIVE INGREDIENTS PER  
TWO TABLETS:

L-Tyrosine.....400mg  
Para Amino Benzoic Acid....400mg  
Copper (Sulphate).....6mg



PRODUCT	Tyro Tan
PACK SIZE	60 V-Tabs
CODE	193
DAILY INTAKE	2-3 Tablets with food, with a little sun exposure





PRODUCT	Think Again Phosphatidylserine
PACK SIZE	30 VTabs
CODE	444
DAILY INTAKE	1-2 Tablets with food



**THINK AGAIN PHOSPHATIDYL SERINE**

- A touch of brilliance!
- Designed from years of research, this outstanding combination of Phosphatidylserine, Choline, Ginkgo and B vitamins helps to maintain mental alertness and memory.
- Also helps to maintain optimal brain function and concentration.

**ACTIVE INGREDIENTS PER TABLET:**

Phosphatidylserine Powder.....	500mg
which provides:	
Phosphatidylserine.....	100mg
Calcium (Phosphate).....	88mg
Choline di Hydrogen Citrate.....	100mg
Ginkgo Biloba Powder.....	75mg
Pantothenic Acid - Vitamin B5.....	50mg
(Calcium d Pantothenate)	
Niacin - Vitamin B3 (Nicotinamide).....	25mg NE
Folic Acid (Folacin).....	200µg
Biotin.....	100µg
Vitamin B12.....	25µg



**5-HTP COMPLEX**

- Better than you ever dreamed!
- Help maintain a healthy calm mood and sleep pattern.
- 5-Hydroxy Tryptophan is a natural precursor to serotonin and is presented here with Magnesium, Zinc and vitamins B3 and B6 for full effectiveness.

**ACTIVE INGREDIENTS PER TABLET:**

Griffonia Seed Standardised Extract .....	102mg
which provides:	
5-HTP .....	100mg
Magnesium (Oxide).....	50mg
Zinc (Gluconate) .....	10mg
Vitamin B6 (Pyridoxine Hydrochloride).....	20.5mg
Niacin - Vitamin B3 (Nicotinamide).....	15mg NE



PRODUCT	5-HTP Complex
PACK SIZE	30 VTabs
CODE	431
DAILY INTAKE	1-2 Tablets with food



**B COMPLEX**

B vitamins are very important to help maintain the nervous system and cope with everyday life. See the Vitamin B section starting on page 5



**PLANT SUPPLEMENTS**

There are more Memory & Mood products in our wide range of Plant Supplements - like Ginkgo 100 and Soya Isoflavones. Check them out, starting on page 34.







# WEIGHT CONTROL

## WEIGHT CONTROL

People who choose to follow a restricted diet in order to lose excess body weight put themselves at risk of nutritional deficiency. A reduction in calories often deprives the body of much needed vitamins and minerals. To this end, we would always recommend a good multivitamin (such as Multi Vits 'n' Mins - page 21, Mega Multivitamin - page 22 or Metabolic Pack - page 46) as a foundation before undergoing any restriction of calorie intake.

Fluctuations in blood-sugar levels may occur as the body adjusts to new meal patterns. A reduction in calories also often leads to a significant lowering of fibre intake, causing irregularity.

These special products are designed to help maintain nutrient balances and support your body from within and help to ensure that you stay on course long enough to arrive at your target weight refreshed, relaxed and recharged with energy.

**Health Plus Weight Control - the helping hand you've been looking for!**

**S L Y G W V G**

PRODUCT	Konjac Fibre 500mg (Glucmannan)
PACK SIZE	70 VCaps
CODE	005
PACK SIZE	210 VCaps
CODE	098
DAILY INTAKE	2 capsules before breakfast; 3 capsules before lunch; 5 capsules before dinner. ALWAYS TAKE WITH PLENTY OF WATER.

**TOP 10 SELLER**

**SUPER SAVER**



## KONJAC FIBRE



- Exclusive to Health Plus!
- This amazing product, as recommended by Patrick Holford, has a devout worldwide following.
- The Konjac plant naturally contains Glucmannan which has been shown to help promote regularity and provide a feeling of fullness.
- A valuable product in terms of digestive health which may also help maintain proper blood-sugar levels.

### ACTIVE INGREDIENTS PER TEN CAPSULES:

Konjac Fibre..... 5000mg  
(naturally containing Glucmannan)

### EXTRA INFORMATION:

Due to the high quality of the fibre naturally present in Konjac, some people may experience slight flatulence or mild irregularity for the first few days of use. This will soon subside as the body becomes used to this potent source of fibre.



## KONJAC FIBRE POWDER

- The most economical way to buy Konjac Fibre.
- A powder form of the everpopular Konjac Fibre, a source of Glucmannan.
- Just mix with water!



### ACTIVE INGREDIENTS PER SIX GRAMS:

Konjac Fibre..... 6000mg  
(naturally containing Glucmannan)

### EXTRA INFORMATION:

Due to the high quality of the fibre naturally present in Konjac, some people may experience slight flatulence or mild irregularity for the first few days of use. This will soon subside as the body becomes used to this potent source of fibre.



PRODUCT	Konjac Fibre Powder (Glucmannan)
PACK SIZE	V-200g
CODE	493
DAILY INTAKE	1 gram before breakfast; 2 grams before lunch; 3 grams before dinner. ALWAYS TAKE WITH PLENTY OF WATER.

**S L Y G W V G**



PRODUCT	Phase 2® 500mg
PACK SIZE	60 VTabs
CODE	519

**DAILY INTAKE**  
3 - 6 tablets (1 - 2 tablets before each main meal).



## PHASE 2® 500mg

- A whole new approach.
- An accomplished Starch Neutraliser, Phaseolamin® (White Kidney Bean Extract) has been gaining popularity recently.
- It may help to reduce the amount of carbohydrates available to the body from food consumed.

**ACTIVE INGREDIENTS PER THREE TABLETS:**

Phase 2® (Phaseolamin 2250®)..1500mg  
(White Kidney Bean Extract)  
Chromium (Chloride).....150µg



## RASPBERRY KETONES PLUS

- A maximum strength highly active weight management supplement.
- Combining Raspberry Ketones with Acai Berry, Green Tea, Guarana and Black Pepper for all-round effectiveness.

**ACTIVE INGREDIENTS PER CAPSULE:**

Raspberry Ketones .....300mg  
Acai Berry Extract .....50mg  
which provides:  
20% Polyphenols.....10mg  
Green Tea Extract.....50mg  
which provides:  
40% Polyphenols.....20mg  
Guarana Powder.....50mg  
Black Pepper Extract.....5.5mg  
which provides:  
95% Piperine .....5mg

PRODUCT	Raspberry Ketones Plus
PACK SIZE	60 VCaps
CODE	651

**DAILY INTAKE**  
1-3 Capsules with food



## XTRA-SLIM

- Xtra-Slim is an advanced combination of key nutrients to help weight management.
- Combining Green Tea, Caffeine, Guaraná with amino acids, Açai Berry Extract and Black Pepper Extract for better bioavailability.
- Reduce feelings of hunger and maintain a healthy metabolism.

**ACTIVE INGREDIENTS PER THREE CAPSULES:**

Green Tea Extract .....300mg  
which provides: 40% Polyphenols.....120mg  
Caffeine .....300mg  
Guaraná Powder.....225mg  
which naturally provides:  
Caffeine, Theobromine & Theophylline  
L-Carnitine (L-Tartrate) .....150mg  
L-Tyrosine.....150mg  
Açai Berry Extract .....150mg  
which provides: 20% Polyphenols.....30mg  
Black Pepper Extract .....33mg  
which provides: 95% Piperine .....30mg  
Ginger Root 20:1 Extract .....15mg  
equivalent to: Ginger Root.....300mg  
(naturally containing Gingerols)

PRODUCT	Xtra-Slim
PACK SIZE	90 VCaps
CODE	639

**DAILY INTAKE**  
3 Capsules (1 Capsule before each meal)  
ALWAYS TAKE WITH PLENTY OF WATER



Tel: 01323 872277



## L-CARNITINE

An amino acid, L-Carnitine is important for the proper metabolism or usage of fats, as it helps with the transportation of fatty acids within cells for energy release. It also plays a crucial role in fat breakdown and energy production.

## L-CARNITINE 500mg

- Substantial quality.
- Carefully prepared to retain all the properties of this all-important potent amino acid.

ACTIVE INGREDIENTS PER TABLET:  
L-Carnitine (L-Tartrate) .....500mg

PRODUCT	L-Carnitine 500mg
PACK SIZE	30 V-Tabs
CODE	235
DAILY INTAKE	
1-2 Tablets without food	



PRODUCT	KCVL + B6
PACK SIZE	90 V-Tabs
CODE	441
DAILY INTAKE	
3 - 6 Tablets (1-2 tablets, after each main meal).	



## KCVL + B6

- An all-time favourite!
- Kelp, Cider Vinegar, Lecithin and vitamin B6.
- A combination designed to help maintain proper metabolism and efficient calorie-burning when food intake is restricted.

## ACTIVE INGREDIENTS PER THREE TABLETS:

Calcium (Phosphate).....	450mg
Soya Bean Lecithin Granules (GMO Free).....	240mg
Cider Vinegar .....	120mg
Kelp.....	75mg
Magnesium (Carbonate).....	7.2mg
Riboflavin - Vitamin B2.....	12mg
Vitamin B6 (Pyridoxine Hydrochloride).....	8.6mg
Thiamin - Vitamin B1 (Hydrochloride) .....	5.3mg
Inositol.....	4.5mg
Niacin - Vitamin B3 (Nicotinamide) .....	1.5mg NE



## CITRI-TRIM PLUS



- Incredible but truly innovative.
- Hydroxycitric Acid (HCA), obtained from the Malabar Tamarind, helps the body release energy from food.
- Combined with Chromium, to further help maintain normal blood sugar levels.
- HCA has been found to be more effective when taken three times a day.

### ACTIVE INGREDIENTS PER THREE CAPSULES:

Citrin®.....	750mg
which provides	
Hydroxycitric Acid (HCA).....	375mg
Calcium (Phosphate).....	109.8mg
Chromium (Picolinate).....	36µg



PRODUCT	Citri-Trim Plus (HCA)
PACK SIZE	84 VCaps
CODE	064

#### DAILY INTAKE

3 capsules (1 capsule, 30 to 60 minutes before each main meal).

ALWAYS TAKE WITH PLENTY OF WATER.



## HIGH STRENGTH CLA

- Feeling good has never been easier.
- Conjugated Linoleic Acid (CLA) is a natural polyunsaturated fatty acid found in many foods, but in ever-decreasing levels. It cannot be produced by the body, so a daily intake is recommended.
- This natural supplement is thought to help maintain a healthy body weight, especially when combined with exercise.

### ACTIVE INGREDIENTS PER THREE CAPSULES:

Conjugated Linoleic Acid (80% Active CLA).....	3000mg
which provides:	
CLA.....	2400mg



PRODUCT	High Strength CLA
PACK SIZE	90 Caps
CODE	269

#### DAILY INTAKE

1 capsule three times a day, with food.



ALSO SEE



## METABOLIC PACK

Part of our extensive Daily Pack range, the Metabolic Pack is the vitamin and mineral programme for slimmers, packed with essential nutrients to help ensure that your body is never short of the dietary nutrients it requires. Full details on page 46. Daily Packs are supernutrition in a sachet!







# AMINO ACIDS

## AMINO ACIDS

Amino acids are the building blocks of protein and are available from many sources including meat, fish, beans, lentils, vegetables and soya.

There are in total 20 different amino acids that are classed either as essential - which means the body cannot manufacture them, so we need to get them from food - or non-essential - which means the body can manufacture them. Whether essential or non-essential, all amino acids are vital for good health.

The essential amino acids are isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan and valine. The non-essential amino acids are alanine, arginine, aspartic acid, asparagine, cysteine, glutamic acid, glutamine, glycine, proline, serine and tyrosine. There is also one other, histidine, that is essential for growing infants.

Commonly regarded as being needed to help build proteins, some amino acids - such as Carnitine - are, in fact, used for other processes. As well as being vital for growth and repair of body tissue, they also help the body make hormones, enzymes, antibodies and neuro-transmitters.

All **Health Plus** Amino Acid products use pharmaceutical grade material to give you the best products we can.

*The crème de la crème of amino acids.*

*A major advantage of supplementing amino acids individually is the significant increase in absorption; when taken together, amino acids normally compete with each other for absorption.*



## AMINO DLPA COMPLEX

- The balancing amino!
- DLPA helps maintain the action of endorphin hormones, which are substances produced in the adrenal gland.
- Combined with vitamins C and B to help the body in times of need.



### ACTIVE INGREDIENTS PER TABLET:

DL-Phenylalanine.....	375mg
Vitamin C (Ascorbic Acid).....	50mg
Thiamin - Vitamin B1 (Hydrochloride).....	7mg
Vitamin B6 (Pyridoxine Hydrochloride).....	6.5mg
Riboflavin - Vitamin B2.....	5mg

PRODUCT	Amino DLPA Complex
PACK SIZE	60 VTabs
CODE	294
DAILY INTAKE	
1-2 Tablets without food	



## AMINO L-CYSTEINE

- The masterful amino.
- Cysteine may play a role in maintaining growth and repair of tissues, as well as maintaining energy.
- An important antioxidant.
- Cysteine is one of the few amino acids that naturally contains sulphur.

### ACTIVE INGREDIENTS PER CAPSULE:

L-Cysteine (Hydrochloride).....	400mg
---------------------------------	-------

PRODUCT	Amino L-Cysteine
PACK SIZE	60 VCaps
CODE	549
DAILY INTAKE	
1-2 Capsules without food	





## AMINO L-TYROSINE 500mg

- The thoughtful amino.
- Tyrosine is the precursor to several important neuro-transmitters, which can help maintain normal mood, mental function and sex drive.
- May also help maintain normal skin pigmentation.



### ACTIVE INGREDIENTS PER CAPSULE:

L-Tyrosine..... 500mg

We know that you want the healthiest products you can buy, which is why wherever possible our products are wheat free making them perfect for those with an intolerance to wheat products.

**W** Just look for this symbol on our Wheat free products.



PRODUCT	Amino L-Tyrosine 500mg
PACK SIZE	60 VCaps
CODE	453
DAILY INTAKE	1-3 Capsules without food



PRODUCT	Amino L-Methionine 500mg
PACK SIZE	60 VTabs
CODE	292
DAILY INTAKE	1-3 Tablets without food



## AMINO L-METHIONINE 500mg

- Methionine may help maintain a healthy liver, and supplies compounds required for proper metabolism.
- The most plentiful dietary sources of Methionine are meat, fish and dairy products so vegetarians and vegans are advised to supplement this essential amino acid.



### ACTIVE INGREDIENTS PER TABLET:

L-Methionine.....500mg

*We enjoy your products. You are competitive and efficient and have a lively voice on the phone, a calming voice!*  
MRS HERROD-TAYLOR, DEVIZES



## AMINO L-GLUTAMINE 500mg

- The digestive amino.
- Glutamine may play a role in maintaining proper tissue growth, and cell manufacture, as well as helping to maintain proper immune system and digestive health.
- Presented in a formulation with added Acidophilus for extra digestive support.



### ACTIVE INGREDIENTS PER TABLET:

L-Glutamine..... 500mg  
 Acidophilus Bacteria Mixture.....75mg  
 which provides:  
 Lactobacillus Acidophilus..... 75 million

PRODUCT	Amino L-Glutamine 500mg
PACK SIZE	60 VTabs
CODE	442
DAILY INTAKE	1-5 Tablets without food



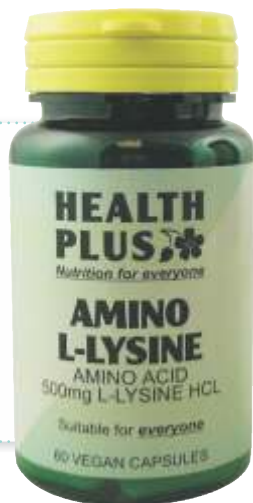
PRODUCT	Amino L-Lysine
PACK SIZE	60 VCaps
CODE	452
DAILY INTAKE	1-3 Capsules without food



## AMINO L-LYSINE

- Lysine is normally concentrated in muscle tissue and is essential for growth and development.
- It may also help to maintain the immune system and energy levels.
- The most plentiful dietary sources of Lysine are animal-derived (ie meat, cheese, etc), so vegetarians and vegans are advised to supplement this essential amino acid.

ACTIVE INGREDIENTS PER CAPSULES:  
L-Lysine (Hydrochloride)..... 400mg



## AMINO L-ARGININE

- The dynamic amino acid.
- Arginine is involved in several processes in the body, from wound healing to helping maintain the immune system.
- It's also the precursor to Nitric Acid, which helps the body keep blood vessels dilated, allowing the heart to receive an adequate supply of oxygen.
- Increased blood flow may help maintain sexual performance.

ACTIVE INGREDIENTS PER TABLET:  
L-Arginine (Hydrochloride) .....400mg



PRODUCT	Amino L-Arginine
PACK SIZE	90 VTabs
CODE	293
DAILY INTAKE	1-4 Tablets without food



ALSO SEE



## TYRO TAN

A combination of Tyrosine, Para Amino Benzoic Acid and Copper, Tyro Tan is ideal for helping you get that all-over glow without needing too much sun.  
See our Special Nutrients section on page 56.



## MADE IN THE UK

Health Plus products are made in the UK, as we understand the importance of using manufacturers in the UK!



PRODUCT	Junior MultiVit + Min
PACK SIZE	30 VTabs
CODE	568
DAILY INTAKE	1 Tablet with food

SUITABLE  
FOR AGES  
6+



## JUNIOR MULTIVIT + MIN



- The next progression.
- A comprehensive formulation of multivitamin and minerals for the slightly older child.

### ACTIVE INGREDIENTS PER TABLET:

Calcium (Phosphate).....	75mg
Magnesium (Carbonate).....	50mg
Vitamin C (Ascorbic Acid).....	125mg
Iron (Ferrous Gluconate).....	7.5mg
Iodine (Kelp).....	50µg
Vitamin E (50iu).....	33.5mg α-TE
(d-Alpha Tocopheryl Succinate - GMO Free)	
Zinc (Gluconate).....	5mg
Potassium (Gluconate).....	5mg
Vitamin B6 (Pyridoxine Hydrochloride).....	15mg
Thiamin - Vitamin B1 (Hydrochloride).....	15mg
Pantothenic Acid - Vitamin B5.....	15mg
(Calcium d Pantothenate)	
Riboflavin - Vitamin B2.....	15mg
Niacin - Vitamin B3 (Nicotinamide).....	15mg NE
Para Amino Benzoic Acid.....	15mg
Choline di Hydrogen Citrate.....	15mg
Inositol.....	15mg
Citrus Bioflavonoids.....	12.5mg
Selenium (Selenomethionine Preparation).....	50µg
Manganese (Gluconate).....	1mg
Vitamin A (2500iu) (Acetate).....	757.5µg RE
Betaine Hydrochloride.....	7.5mg
Vitamin D (200iu) (Ergocalciferol Preparation).....	5µg
Chromium (Picolinate).....	50µg
Folic Acid (Folacin).....	100µg
Biotin.....	50µg
Molybdenum (Ammonium Molybdate).....	25µg
Vitamin B12.....	5µg

ALSO SEE

## VITAMIN D

Check out our children's vitamin D product, which you'll find in the Vitamin D section on page 13.



# CHILDREN'S SUPPLEMENTS



## CHILDREN'S SUPPLEMENTS

As adults, we can recognise the importance of good nutrition and can take the decision to renounce our unhealthy ways, using supplements to help us regain optimal health.

Ideally, optimal nutrition should start from the very beginning; from the time that breast-feeding and/or bottle-feeding ends, the only source of nutrition children get is the food they eat and the supplements that are available to them.

This is why HEALTH PLUS have this selection of products to help with child development and growth, from Supermouse – which has been a family favourite for many years – to the newer products such as Junior Omega-3 and First Probiotic.

**Health Plus Children's Supplements:  
be sure your child gets the best!**

SUITABLE  
FOR AGES  
3+



## FIRST PROBIOTIC

- Where digestive health begins.
- 40 million Lactobacillus Acidophilus beneficial bacteria to help maintain digestive health.
- It may also play a key role in immune support.



### ACTIVE INGREDIENTS PER CAPSULE:

Acidophilus Bacteria Mixture.....	40mg
which provides:	
Lactobacillus Acidophilus.....	40 million

PRODUCT	First Probiotic
PACK SIZE	90 VCaps
CODE	572

### DAILY INTAKE

1-2 Capsules without food.  
Follow a low-sugar, low-yeast diet





## SUPERMOUSE

- A power-packed sugar-free formula providing a wide range of vitamins and minerals in a tasty, chewable tablet.
- Sweetened with sorbitol and fructose.

### ACTIVE INGREDIENTS PER FOUR TABLETS:

Magnesium (Gluconate).....	81.2mg
Calcium (Carbonate).....	150mg
Vitamin C (Ascorbic Acid).....	291mg
Iron (Ferrous Gluconate).....	.8mg
Zinc (Gluconate).....	.6mg
Vitamin E (40iu).....	26.8mg α-TE
(d-Alpha Tocopheryl Succinate - GMO Free)	
Vitamin A (6000iu) (Retinol Preparation).....	1800µg RE
Thiamin - Vitamin B1 (Hydrochloride).....	9.2mg
Riboflavin - Vitamin B2.....	10mg
Vitamin B6 (Pyridoxine Hydrochloride).....	8.4mg
Pantothenic Acid - Vitamin B5.....	10mg
(Calcium d Pantothenate)	
Niacin - Vitamin B3 (Nicotinamide).....	10mg NE
Manganese (Gluconate).....	1.1mg
Vitamin D (600iu) (Cholecalciferol Preparation).....	15µg
Biotin.....	104µg
Folic Acid (Folacin).....	80µg
Chromium (Chloride).....	19.7µg
Selenium (Sodium Selenite).....	14.4µg
Vitamin B12.....	4µg

PRODUCT	Supermouse Children's Chewable	
FLAVOUR	Orange & Lemon	Blackcurrant
PACK SIZE	90 VTabs	90 VTabs
CODE	014	595
PACK SIZE	200 VTabs	200 VTabs
CODE	015	596

DAILY INTAKE  
From 4 Tablets with food

SUITABLE FOR AGES  
3+

**S L Y G W V A P**

## JUNIOR OMEGA-3

- Loaded with omega-3 fatty acids EPA and DHA, which help to maintain proper mental function and development.
- Not sweetened or flavoured.

### ACTIVE INGREDIENTS

#### PER CAPSULE:

Marine Lipid Concentrate.....	500mg
which provides (omega-3):	
Eicosapentaenoic Acid (EPA).....	90mg
Docosahexaenoic Acid (DHA).....	60mg



PRODUCT	Junior Omega-3
PACK SIZE	30 Caps
CODE	569

#### DAILY INTAKE

1 Capsule with food

**S L Y G W**

SUITABLE FOR AGES  
5+

## JUNIOR B COMPLEX

- A comprehensive B vitamin formula, uniquely suited to younger people.
- B vitamins are important for many reasons, including proper digestion, release of energy and skin, hair and nail health.

### ACTIVE INGREDIENTS PER TABLET:

Thiamin - Vitamin B1 (Hydrochloride).....	22.3mg
Riboflavin - Vitamin B2.....	.25mg
Niacin - Vitamin B3 (Nicotinamide).....	25mg NE
Pantothenic Acid - Vitamin B5.....	.23mg
(Calcium d Pantothenate)	
Vitamin B6 (Pyridoxine Hydrochloride).....	20.5mg
Para Amino Benzoic Acid.....	.25mg
Choline di Hydrogen Citrate.....	.25mg
Inositol.....	.25mg
Folic Acid (Folacin).....	100µg
Biotin.....	100µg
Vitamin B12.....	10µg

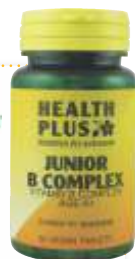
PRODUCT	Junior B Complex
PACK SIZE	30 VTabs
CODE	571

#### DAILY INTAKE

1 Tablet with food

**S L Y G W V**

SUITABLE FOR AGES  
6+



*A child's growing potential is regulated by three things: environment, genetics and diet. However carefully a child's diet is planned, the reality is that the most nutritious foods are often the least pleasant in terms of taste.*

# LIQUIFORCE TINCTURES



## BILBERRY

- Bilberry helps maintain capillary strength and may therefore help with eye and vein health.

ACTIVE INGREDIENT:  
Vaccinium Myrtillus



TABLET  
VERSION  
ALSO AVAILABLE  
Page 34

PRODUCT	Bilberry
PACK SIZE	V-50ml
CODE	404

DAILY INTAKE  
15 - 20 drops in water or juice,  
twice a day.

**SLYGWV**



## LIQUIFORCE TINCTURES

A tincture is a liquid preparation containing the active extracted ingredients of a herb. The fresh plants are chopped and macerated (steeped) in a mixture of water and alcohol for a long period, allowing the active ingredients of the plant to be extracted, avoiding all heating or other manufacturing processes.

After three or four weeks, the liquid is strained and pressed, then filtered into bottles. The result is a range of tinctures that contain nothing more than:

- Plant juice / extract
- Alcohol
- Water

This process allows the bio-active constituents of the plant to transfer to the tincture.

**What better choice and variety?**

## ELDERBERRY

- Elderberries are a rich source of vitamin C and have been used for hundred's of years.

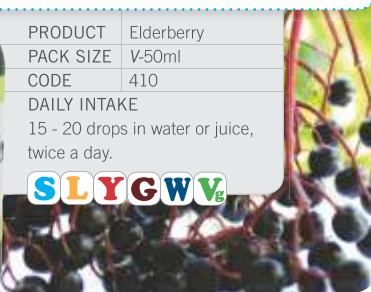
ACTIVE INGREDIENT:  
Sambucus Nigra



PRODUCT	Elderberry
PACK SIZE	V-50ml
CODE	410

DAILY INTAKE  
15 - 20 drops in water or juice,  
twice a day.

**SLYGWV**



## MADE IN THE UK

Health Plus products are made in the UK, as we understand the importance of using manufacturers in the UK!



## SAW PALMETTO

- A general tonic, used to help maintain a healthy weight. Traditionally considered a male herb.

ACTIVE INGREDIENT:  
Serenoa Repens



TABLET  
VERSION  
ALSO AVAILABLE  
Page 41



PRODUCT	Saw Palmetto
PACK SIZE	V-50ml
CODE	424
DAILY INTAKE	15 - 20 drops in water or juice, twice a day.

**S L Y G W V<sub>g</sub>**

**S L Y G W V<sub>g</sub>**

PRODUCT	Red Clover
PACK SIZE	V-50ml
CODE	422

DAILY INTAKE  
15 - 20 drops in water or juice,  
twice a day.



## RED CLOVER

- Red Clover is native to Europe and Asia and has been traditionally taken as a tea.

ACTIVE INGREDIENT:  
Trifolium Pratense



TABLET  
VERSION  
ALSO AVAILABLE  
Page 40



TABLET  
VERSION  
IN PLANT  
SUPPLEMENTS  
Page 40



## SAGE

- Used as a digestive aid by many people worldwide, as well as helping to maintain a healthy nervous system.

ACTIVE INGREDIENT:  
Salvia Officialis

CAUTION:  
Pregnant or breast-feeding women should  
not use Sage supplements.



PRODUCT	Sage
PACK SIZE	V-50ml
CODE	423
DAILY INTAKE	15 - 20 drops in water or juice, twice a day.

**S L Y G W V<sub>g</sub>**

**S L Y G W V g**

PRODUCT	Ginkgo Biloba
PACK SIZE	V-50ml
CODE	413
DAILY INTAKE	15 - 20 drops in water or juice, twice a day.

TABLET VERSION IN PLANT SUPPLEMENT'S Page 43



## GINKGO BILOBA

- Exhibiting antioxidant properties, Ginkgo also helps maintain healthy circulation.

ACTIVE INGREDIENT:  
Ginkgo Biloba

## GOTU KOLA

- May help to maintain circulation health and proper memory function, as well as a healthy digestive system and skin.

ACTIVE INGREDIENT:  
Hydrocotyle Asiatica



TABLET VERSION IN PLANT SUPPLEMENT'S Page 37



PRODUCT	Gotu Kola
PACK SIZE	V-50ml
CODE	414
DAILY INTAKE	15 - 20 drops in water or juice, twice a day.

**S L Y G W V g**

## GINGER

- Reputed to be a good aid for maintaining digestive health; especially useful when travelling.

ACTIVE INGREDIENT:  
Zingiber Officinale



PRODUCT	Ginger
PACK SIZE	V-50ml
CODE	412

DAILY INTAKE  
15 - 20 drops in water or juice, twice a day.

TABLET VERSION IN PLANT SUPPLEMENT'S Page 38



## MARIGOLD

- Useful to help maintain proper digestive and skin health and also has detoxification properties.

ACTIVE INGREDIENT:  
Calendula Officinalis



PRODUCT	Marigold
PACK SIZE	V-50ml
CODE	419

DAILY INTAKE  
15 - 20 drops in water or juice, twice a day.

**S L Y G W V g**



<b>0-9, A</b>		
5-HTP Complex.....	57	
A5000.....	4	
A5000 + D400.....	4	
Acai Berry Extract.....	37	
Acidophilus.....	29	
Aloe Vera 5000mg.....	38	
Alpha Lipoic Acid 100mg.....	56	
<b>AMINO ACIDS.....</b>	<b>62</b>	
DLPA Complex.....	62	
Arginine, Amino L.....	64	
Cysteine, Amino L.....	62	
Glutamine, Amino L.....	63	
Lysine, Amino L.....	64	
Methionine, Amino L.....	63	
Tyrosine, Amino L.....	63	
Artichoke.....	30	
Ascorbic Acid Powder.....	12	
Ascorbic Acid & Calcium Ascorbate Powder.....	12	
<b>B</b>		
B6, Vitamin.....	7	
B12 50µg.....	6	
B12 100µg.....	6	
B12 500µg Sublingual.....	7	
B12 1000µg.....	6	
B12 + Folic + Biotin.....	6	
B25 Complex.....	7	
B50 Complex.....	7	
B100 Complex.....	5	
B Complex, Junior.....	66	
Bee Propolis 1000mg.....	54	
Beta Carotene 15mg, Natural.....	4	
Betaine HCL + Pepsin.....	30	
Bilberry, Liquiforce.....	67	
Bilberry with Eyebright.....	34	
Borage (Starflower) Oil.....	32	
Brewers Yeast 300mg.....	5	
<b>C</b>		
Calcium Ascorbate Powder.....	10	
Calcium Plus.....	17	
Control Pack.....	49	
Caprylic Acid 350mg.....	30	
Carnitine 500mg, L.....	60	
Chelated Iron 24mg.....	16	
Chewable Vitamin C 500mg.....	9	
<b>CHILDREN'S SUPPLEMENTS.....</b>	<b>65</b>	
Chlorella 550mg.....	35	
Choline & Inositol.....	8	
Chromium GTF + B3.....	18	
Chromium Picolinate.....	18	
Cinnamon 500mg.....	39	
Citri-Trim Plus.....	61	
CLA, High Strength.....	61	
Cod Liver Oil, Super.....	31	
Co Enzyme Q10 30mg.....	55	
Co Enzyme Q10 60mg.....	55	
Co Q Plus.....	55	
Cranberry 5000.....	37	
<b>D</b>		
<b>DAILY PACKS.....</b>	<b>44</b>	
Detox 2000.....	24	
Detox Pack.....	44	
Diabesity Pack.....	47	
DiabetACE.....	22	
<b>DIGESTIVE AIDS.....</b>	<b>28</b>	
Digest Plus.....	30	
Dolomite + D.....	17	
<b>E</b>		
E200 (capsules).....	14	
E200 Chewable.....	14	
E400.....	14	
E400 Gelatin Free.....	15	
E500.....	15	
E1000, Mega Natural.....	15	
Elderberry, Liquiforce.....	67	
EPA, Omega-3.....	31	
Evening Primrose Oil 500mg Gelatin Free.....	33	
Evening Primrose Oil 500mg.....	33	
Evening Primrose Oil 1000mg.....	33	
Everyday Man.....	25	
Everyday Woman.....	27	
<b>F</b>		
<b>FATTY ACIDS, OMEGA.....</b>	<b>31</b>	
First Probiotic.....	65	
Flaxseed Oil 500mg, Omega.....	32	
Flaxseed Oil 1000mg, Omega.....	32	
Folic Acid 400µg.....	6	
FOS Powder.....	29	
<b>G</b>		
Garlic Macerate.....	39	
Garlic, Premier.....	39	
Ginger Root 550mg.....	38	
Ginger, Liquiforce.....	69	
Ginkgo 50.....	43	
Ginkgo 100.....	43	
Ginkgo Biloba, Liquiforce.....	69	
Ginseng, Korean 600mg.....	43	
Ginseng, Siberian 600mg.....	36	
Glucosamannan (Konjac Fibre).....	58	
Glucosamine-C.....	52	
Glucosamine Chondroitin Complex.....	52	
Glucosamine Hydrochloride 750.....	52	
Glucosamine Hydrochloride 1500.....	53	
Glucosamine + MSM.....	53	
Gotu Kola 600mg.....	37	
Gotu Kola, Liquiforce.....	69	
Green Shelled Mussel 250mg.....	53	
Guarana 750mg.....	54	
<b>H</b>		
H H Pack.....	50	
High Potency Omega-3 EPA.....	31	
High Strength CLA.....	61	
High Strength Evening Primrose Oil 1000mg.....	33	
High Strength Starflower (Borage) Oil 1000mg.....	32	
Hyaluronic Acid 100mg.....	51	
<b>I, J</b>		
Immunade Pack.....	44	
Immuno Power.....	24	
Joint Complex.....	24	
Joint Pack.....	45	
Junior B Complex.....	66	
Junior Multivit + Min.....	65	
Junior Omega-3.....	66	
<b>K</b>		
KCVL + B6.....	60	
Kelp 300mg.....	35	
Kid - D Vit.....	13	
Konjac Fibre (Glucosamannan) 500mg.....	58	
Konjac Fibre (Glucosamannan) Powder.....	58	
Korean Ginseng 600mg.....	43	
<b>L</b>		
Lecithin 550mg.....	42	
Lecithin 1200mg.....	42	
Lecithin Granules.....	42	
<b>LIQUIFORCE TINCTURES.....</b>	<b>67</b>	
Liver Kind.....	23	
Lycopene Plus 10mg.....	41	
<b>M</b>		
Magnesium 100mg.....	17	
Marigold, Liquiforce.....	69	
Mega Multivitamin.....	22	
Mega Natural E1000.....	15	
Mega Multi Probiotic.....	29	
Megadophilus.....	28	
Menopause Pack.....	48	
Metabolic Pack.....	46	
<b>MINERALS.....</b>	<b>16</b>	
MSM 1000mg.....	53	
<b>MULTI FORMULAS.....</b>	<b>21</b>	
Multimins.....	16	
Multi Probiotic.....	28	
Multivit + Min, Junior.....	65	
Multi Vits 'n' Mins.....	21	
Multi Vits 'n' Mins without vitamin A.....	23	
Mushroom Extract Complex.....	56	

**N, O**

NADH 5.5mg .....	54
Olive Leaf 500mg.....	36
Omega-3 EPA.....	31
Omega-3 EPA, High Potency.....	31
Omega-3, Junior.....	66
Omega Complex.....	33
Omega Flaxseed Oil 500mg.....	32
Omega Flaxseed Oil 1000mg.....	32
Optim-Eyes.....	51
Osteo Pack.....	49

**P**

Perfect You .....	27
Phase 2 500mg.....	59
Phosphatidylserine, Think Again.....	57

**PLANT SUPPLEMENTS .....34**

Potassium 100mg .....	18
Pregnancy Multivitamin.....	26
Pregnancy Pack.....	48
Premier Garlic .....	39
Probiotic, First .....	65
Prostate Formula .....	25
Prostate Pack.....	50
Psyllium Seed Husk Fibre.....	29
Pycnogenol 30mg.....	34

**R**

Raspberry Ketones Plus.....	59
Red Clover .....	40
Red Clover, Liquiforce .....	68
Red Yeast Rice Complex.....	43

**S**

Sage 400mg .....	40
Sage, Liquiforce .....	68
Saw Palmetto + Zinc.....	41
Saw Palmetto, Liquiforce.....	68
Selenium 50µg.....	19
Selenium 200µg.....	19
Selenium Plus A+C+E.....	19
Siberian Ginseng 600mg.....	36
Sodium Ascorbate Powder .....	12
Softer-C 500 .....	9
Softer-C 1000 .....	11
Soya Isoflavones 750mg.....	40

**SPECIAL NUTRIENTS .....51**

Spirulina 500mg .....	35
Starflower (Borage) Oil 500mg.....	32
Starflower (Borage) Oil 1000mg.....	32
Super B6 + Zinc.....	8
Super C 1000 .....	11
Super Choline .....	8
Super Cod Liver Oil.....	31
Supergreens (capsules) .....	39
Supergreens (powder).....	38
Super Mouse.....	66

**T**

Teenage Pack .....	46
Think Again Phosphatidylserine.....	57
TMG Complex.....	56
Tranquility Pack.....	47
Turmeric Plus.....	38
Tyro Tan.....	56

**V**

Vitality Pack.....	45
<b>VITAMIN A.....</b>	<b>4</b>
<b>VITAMIN B.....</b>	<b>5</b>
Vitamin B6 .....	7
<b>VITAMIN C.....</b>	<b>9</b>
Vitamin C + Zinc .....	11
Vitamin C 500mg .....	10
Vitamin C 500mg Time Release .....	10
Vitamin C 1500.....	10
<b>VITAMIN D.....</b>	<b>13</b>
Vitamin D3 400iu.....	13
Vitamin D2 800iu.....	13
Vitamin D2/D3 Complex 1600iu .....	13
<b>VITAMIN E.....</b>	<b>14</b>
Vitamin K2 100µg.....	54

**W, X**

<b>WEIGHT CONTROL.....</b>	<b>58</b>
Whole Grape Complex .....	36
Xtra-Slim .....	59

**Z**

Ziman Plus .....	20
Zinc 10mg.....	20
Zinc 15mg.....	20
Zinc Citrate 10mg.....	20

## PREGNANCY SUPERSAVER



The must-have for every Mum-to-be! Giving everything we think you need from conception, through pregnancy and up to the end of breast-feeding. (Includes a free copy of "The Better Pregnancy Diet Book" while stocks last.)

PRODUCT	Pregnancy 1 Month Supersaver	Pregnancy 3 Month Supersaver
PACK SIZE	28 Days	84 Days
CODE	574	575

### DAILY INTAKE

1 Pregnancy Pack sachet and 1 Omega-3 EPA capsule, with food.

**S L Y G W**

## METABOLIC SUPERSAVER



Complement the high-performance nutrients of the Metabolic Pack with the highly recommended Konjac Fibre. Ensuring fibre intake and allround balancing effects to maximise weight management efforts.

PRODUCT	Metabolic 1 Month Supersaver	Metabolic 3 Month Supersaver
PACK SIZE	28 Days	84 Days
CODE	576	577

### DAILY INTAKE

1 Metabolic Pack sachet with food and a total of 10 Konjac Fibre capsules across the day.

**S L Y G W V A**

## HIS 'N' HERS SUPERSAVER



The Everyday pair of products make the ideal combination for both of you; one formulation designed for you and one formulation designed for your partner. Help keep each other healthy and active!

PRODUCT	His 'n' Hers 1 Month Supersaver	His 'n' Hers 3 Month Supersaver
PACK SIZE	28 Days	84 Days
CODE	580	581

### DAILY INTAKE

1 Everyday Man or 1 Everyday Woman tablet, with food.

**S L Y G W V**

## JOINT SUPERSAVER



An extraordinary combination of nutrients, tackling joint mobility from all sides. Combining our ever-popular Glucosamine + MSM product with the extensive vitamins, minerals and fatty acids of our Joint Pack. You'll be jumping for joy!

PRODUCT	Joint 1 Month Supersaver	Joint 3 Month Supersaver
PACK SIZE	28 Days	84 Days
CODE	578	579

### DAILY INTAKE

1 Joint Pack Sachet and 2 Glucosamine + MSM Tablets, with food.

**S L Y G W A**

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