

HEALTH PLUS

Nutrition for everyone

Quality Nutritional Supplements
For Your Healthy Lifestyle

HEALTH GUIDE



EXTENSIVE RANGE

NO MINIMUM ORDER

FREE DELIVERY *

To place an order -

Tel: 01323 872277

or go to -

www.healthplus.co.uk

GENERAL INFORMATION

5 EASY WAYS TO ORDER

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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
27 Cradle Hill Ind Est
Seaford
East Sussex
BN25 3JE

You can 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 or call us for details.

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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: Seaford, East Sussex, BN25 3JE. VAT No.: 583 7403 23. Registered in Cardiff. No.: 1493118. Copyright Health + Plus Ltd 2010. E&OE.

THANK YOU

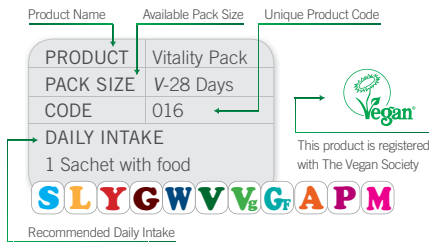
...for reading the latest edition of the **Health Plus** Health Guide. Inside you'll find detailed information about our current extensive range.

For easy 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 our increasingly popular Children's Supplements section!

We also now have a fantastic Supersavers section; everyday favourites at top-notch value! Just take a look at the back cover. We've been developing our range for nearly 20 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 on hand to advise you and we will always give you our best possible attention. Guaranteed!

UNDERSTANDING PRODUCT INFORMATION



DIETARY INFORMATION

For ease of use, the following symbols are used in product details throughout this Health Guide:

- S** SUGAR FREE
- W** WHEAT FREE
- V** SUITABLE FOR VEGETARIANS
- L** LACTOSE/DAIRY FREE
- G** GLUTEN FREE
- Vg** SUITABLE FOR VEGANS
- Y** YEAST FREE
- Gf** GELATIN FREE CAPSULE
- 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 or 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 vitamins A, D and E. They are calculated as follows:

- 3.3iu Vitamin A = 1µg Retinol Equivalent (RE) or 6µg Beta Carotene
- 40iu Vitamin D = 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

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 required. The Government recommends that pregnant women avoid taking too much Retinol. Therefore we recommend Beta Carotene in this situation.

“*In order to help make product comparison easier, vitamin A products are measured in International Units (iu), as well as milligrams and micrograms. 1µg Retinol Equivalent (RE) = 6µg Beta Carotene = 3.3iu Vitamin A. See page 3 for other measures of international standards.*”

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:

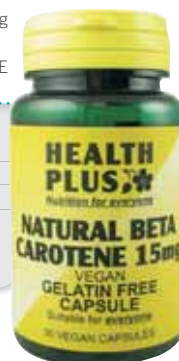
Natural Beta Carotene..... 15mg

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



SUPER NATURAL BETAVIT 15mg

- Our most popular vitamin A product.
- A powerful free radical scavenger.
- High strength 15mg.

ACTIVE INGREDIENTS PER CAPSULE:

Beta Carotene 15mg

equivalent to:

Vitamin A (8250iu)..... 2500µg RE

PRODUCT	Super Natural Betavit 15mg
PACK SIZE	30 Caps
CODE	045
DAILY INTAKE	1-2 Capsules with food



MADE IN THE UK

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





“

A free radical is a molecule containing oxygen which has an unpaired electron, creating an uneven electrical charge. This molecule tries to rebalance itself by robbing neighbouring molecules and triggers a dangerous set of reactions that can damage cell membranes, proteins, carbohydrates and DNA (the genetic material of the cell). This reaction continues until the free radical is neutralised by an antioxidant.

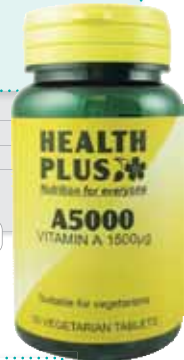
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A5000

- 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



PRODUCT	A5000 + D400
PACK SIZE	90 VTabs
CODE	288
DAILY INTAKE	1 Tablet with food



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)



SUPPLEMENTS FOR SUPERHEALTH

More information about the nutrients in these products CODE 253

See our Book List for more information on our range of books





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 (Pyridoxine 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, as well as minerals, (such as Chromium), and amino acids.



ACTIVE INGREDIENTS PER THREE TABLETS:

Dried Brewers Yeast.....	900mg
--------------------------	-------

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



Other products to consider taking with your Vitamin B: **MINERALS : Page 16**
OMEGA FATTY ACIDS : Page 31



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



VITAMIN B6

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

ACTIVE INGREDIENTS PER TABLET:

Vitamin B6 (Pyridoxine Hydrochloride)	41mg
---------------------------------------	------

PRODUCT	Vitamin B6
PACK SIZE	90 VTabs
CODE	289

DAILY INTAKE
1-2 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



SIX WEEKS TO SUPERHEALTH

More information about the nutrients in these products CODE 246

See our Book List for more information on our range of books



Call: 01323 872277

VITAMIN B

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 (Pyridoxine 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 neuro-transmitter), when taken alongside choline

CHOLINE

Choline, an important part of Lecithin, works with B5 to produce acetyl-choline (a neuro-transmitter) 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 peace 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 B Vitamins in the body.
”



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.

Fax: 01323 872278



VITAMIN C

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 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 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 and maintain normal blood fat and 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



SOFT C 500mg

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

ACTIVE INGREDIENTS PER TABLET:

Vitamin C (Calcium Ascorbate)500mg
Rosehips.....15mg
Acerola7.5mg

PRODUCT Soft C 500mg

PACK SIZE 60 VTabs

CODE 039

DAILY INTAKE

1-4 Tablets with food



CHEWABLE VITAMIN C 500mg



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

ACTIVE INGREDIENTS PER TABLET:

Vitamin C 500mg
(Ascorbic Acid, Sodium Ascorbate)
Citrus Bioflavonoids..... 50mg

PRODUCT Chewable Vitamin C 500mg

PACK SIZE 60 VTabs

CODE 285

DAILY INTAKE

1-4 Tablets with food



Other products to consider taking with your Vitamin C: **MULTI FORMULAS : Page 21**
DIGESTIVE AIDS : Page 27



ESTER-C® 1000



- The next generation of vitamin C supplementation.
- Using a patented, non-acidic form of highly available vitamin C which also provides a source of Calcium.
- Additional Citrus Bioflavonoids aid absorption.

ACTIVE INGREDIENTS PER TABLET:

Ester-C® (Calcium Ascorbate-Threonate).....1000mg
which provides:
Vitamin C (Calcium Ascorbate).....789mg
Calcium9.6mg
Threonic Acid0.9mg
Citrus Bioflavonoids.....50mg

PRODUCT	Ester-C® 1000
PACK SIZE	60 VTabs
CODE	545
DAILY INTAKE	1-2 Tablets with food



PRODUCT	Super C 1000
PACK SIZE	30 VTabs
CODE	003
PACK SIZE	60 VTabs
CODE	038
PACK SIZE	180 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



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



VITAMIN C



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 Vitamin 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 or without 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 TABLET:

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



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



VITAMIN C



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 D

Vitamin D is crucial for the proper absorption of calcium and potassium aiding the formation of healthy bones and teeth and maintaining neuro-muscular function. It can either be obtained from our diet (natural sources are fish, milk and egg yolks) or manufactured by the action of sunlight on the skin. For more information about **Health Plus** formulations that contain vitamin D, take a look at these products and sections:

A5000 + D400 : Page 5

CALCIUM PLUS : Page 17

MULTI FORMULAS : Page 21

DAILY PACKS : Page 48

DOLOMITE + D : Page 18

SUPER COD LIVER OIL : Page 31

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

SLYGW



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 α -TE
(dl-Alpha Tocopheryl Acetate Preparation)

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

YGVV

E400 (Natural)

- An effective daily intake of this versatile nutrient.
- A softgel capsule alternative to our E400 Gelatin Free.

ACTIVE INGREDIENTS PER CAPSULE:

Vitamin E (400iu) 268mg α -TE
(d-Alpha Tocopherol Preparation - GMO Free)



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

SLYGW

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



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 α -TE
(d-Alpha Tocopherol Preparation - GMO Free)

Other products to consider **MULTI FORMULAS : Page 21**
taking with your Vitamin E: **PLANT SUPPLEMENTS : Page 34**

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 α -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



E500 (Natural)

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

ACTIVE INGREDIENTS PER TABLET:

Vitamin E (500iu) 336mg α -TE
(d-Alpha Tocopheryl Succinate - GMO Free)

PRODUCT	E500 (Natural)
PACK SIZE	30 VTabs
CODE	004
DAILY INTAKE	1 Tablet 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 α -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. 1 iu d-Alpha Tocopherol Equivalent (α -TE) = 0.67mg vitamin E. 1mg d-Alpha Tocopherol Equivalent (α -TE) = 1.49iu vitamin E. See page 3 for other measures of international standards.

”



Call: 01323 872277



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.



Other products to consider **PLANT SUPPLEMENTS** : Page 34
taking with your Minerals: **DIGESTIVE AIDS** : Page 27

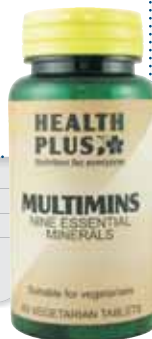
MULTIMINS

- 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 (Picolinate)	20µg

PRODUCT	Multimins
PACK SIZE	60 VTabs
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 VTabs
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



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



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

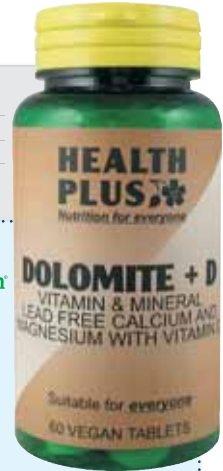
DOLOMITE + D



- 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 & 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.

MINERALS

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.





SELENIUM 50µg

- An easy to take, tiny tablet.
- Only 7mm wide but supplies 50µg Selenium.



ACTIVE INGREDIENTS PER TABLET:

Selenium (Sodium Selenite)50µg

PRODUCT	Selenium 50µg
PACK SIZE	60 VTabs
CODE	009
DAILY INTAKE	1-4 Tablets on an empty stomach.



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

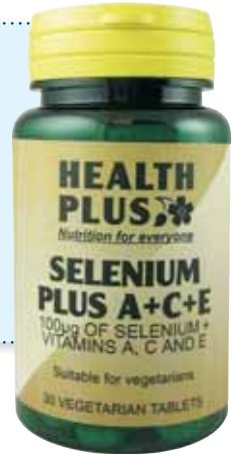


SELENIUM PLUS A+C+E

- 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.

ORGANIC SELENIUM

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



ACTIVE INGREDIENTS PER TABLET:

Selenium50µg
 (Selenomethionine Preparation)

PRODUCT	Organic Selenium 50µg
PACK SIZE	90 VTabs
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 VTabs
CODE	240
DAILY INTAKE	1 Tablet on an empty stomach



MINERALS

PRODUCT	Ziman Plus
PACK SIZE	60 V-Tabs
CODE	021
DAILY INTAKE	1 Tablet with food



ZIMAN PLUS

- A remarkable combination of Zinc, Manganese and 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 V-Tabs
CODE	290
DAILY INTAKE	1 Tablet with food



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 V-Tabs
CODE	131
DAILY INTAKE	1 Tablet with food



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, including a 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 V-Tabs
CODE	498
DAILY INTAKE	1 Tablet with food



SLYGVVA

PRODUCT	Multi Vits 'n' Mins
PACK SIZE	30 VTabs
CODE	001
PACK SIZE	90 VTabs
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 α-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)	2250µg RE
Manganese (Gluconate)	1.3mg
Selenium (Selenomethionine Preparation)	50µg
Potassium (Chloride)	5mg
Vitamin D (400iu) (Cholecalciferol Preparation)	10µg

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 48. Daily Packs are supernutrition in a sachet!

Fax: 01323 872278

SLYGWVA

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 α-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



GET UP & GO

- The ideal "kick-start" to the day!
- A breakfast shake sweetened with fructose and natural plant sourced sweeteners.

ACTIVE INGREDIENTS PER 30g SERVING:

Vitamin C (Ascorbic Acid).....	939mg
Calcium (Phosphate).....	350mg
Magnesium (Oxide).....	300mg
Phosphorus.....	250mg
Vitamin E.....	33mg α-TE
Niacin - Vitamin B3 (Nicotinamide).....	20mg NE
Pantothenic Acid - Vitamin B5.....	20mg
(Calcium Pantothenate)	
Zinc (Gluconate).....	15mg
Iron (Gluconate).....	14mg
Vitamin B6 (Pyridoxine Hydrochloride).....	10mg
Thiamin - Vitamin B1 (Hydrochloride).....	5mg
Riboflavin - Vitamin B2.....	5mg
Manganese (Gluconate).....	2.5mg
Vitamin A (Retinyl Acetate).....	800µg RE
Folic Acid.....	300µg
Copper.....	300µg
Biotin.....	150µg
Iodine (Potassium Iodide).....	150µg
Chromium.....	50µg
Selenium (Selenomethionine).....	50µg
Vitamin K.....	20µg
Vitamin D.....	6.25µg
(Ergocalciferol Preparation)	
Vitamin B12.....	2.5µg

Caution: contains soya, nuts and sesame seeds.

PRODUCT	Get Up & Go
PACK SIZE	V-300g
CODE	074

DAILY INTAKE
1 Serving (30g) mixed with water or fruit juice

SLYWVA



Other products to consider **OMEGA FATTY ACIDS : Page 31**
taking with your Multi Formulas: **DIGESTIVE AIDS : Page 27**

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 α-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 Vcaps
CODE	222
DAILY INTAKE	1 Tablet with food



PRODUCT	Vitacap
PACK SIZE	30 VCaps
CODE	265
DAILY INTAKE	1-2 Capsules with food



VITACAP

- Specially formulated to help maintain essential elements necessary to ensure growth of soft, shiny hair and strong, healthy nails.

ACTIVE INGREDIENTS PER CAPSULE:

Calcium (Phosphate).....	62mg
L-Cysteine	25mg
L-Methionine	25mg
Niacin - Vitamin B3 (Nicotinamide).....	10mg NE
Vitamin C (Ascorbic Acid).....	5mg
Pantothenic Acid - Vitamin B5	1.8mg
(Calcium d Pantothenate)	
Thiamin - Vitamin B1 (Hydrochloride).....	892µg
Riboflavin - Vitamin B2.....	1mg
Vitamin B6 (Pyridoxine Hydrochloride).....	820µg
Biotin.....	112µg
Folic Acid (Folacin)	25µg

ALSO SEE

CHILDREN'S SUPPLEMENTS

Includes our ever-popular Supermouse Chewable Multivitamin and the NEW Junior Multivitamin + Min. Turn to page 68 for more details of these and other Children's Supplements!





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	46mg
(Calcium d Pantothenate)	
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



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



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 α-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 α-TE
(d-Alpha Tocopheryl Succinate - GMO Free)	
Vitamin A (7500iu)	2250µg RE
(Retinol Preparation)	
Selenium	50µg
(Selenomethionine Preparation)	
Molybdenum	50µg
(Ammonium Molybdate)	

WOMEN'S HEALTH MULTI FORMULAS



SLYGWV

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

NU 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



MADE IN THE UK

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



ON FORM FOR WOMEN

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

SUPER SAVER

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

PRODUCT	On Form for Women
PACK SIZE	30 VTabs
CODE	439
DAILY INTAKE	1 Tablet with food

SLYGWV



Tel: 01323 872277

SLYGWVA

PRODUCT	On Form for Men
PACK SIZE	30 VTabs
CODE	438
DAILY INTAKE	1 Tablet with food

SUPER SAVER



ON FORM FOR MEN

- 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 α -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 μ g RE
provided by:	
Natural Beta Carotene (3300iu)	1000 μ g RE
Retinol Preparation (3500iu)	1060 μ g RE
Para Amino Benzoic Acid.....	50mg
Iodine (Kelp)	20 μ 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 μ g
Copper (Gluconate)	2mg
Chromium (Picolinate)	90 μ g
Folic Acid (Folacin)	400 μ g
Biotin.....	300 μ g
Molybdenum (Potassium Molybdate).....	100 μ g
Vitamin D (200iu) (Cholecalciferol Preparation).....	5 μ g
Vitamin B12	50 μ g



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.

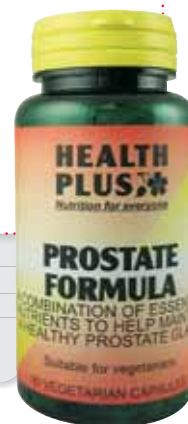
ACTIVE INGREDIENTS PER CAPSULE:

Vitamin C (Ascorbic Acid).....	75mg
Vitamin E (25iu)	17mg α -TE
(dl-Alpha Tocopheryl Acetate Preparation)	
Glycine	35mg
Glutamic Acid	35mg
L-Alanine	35mg
Beta Carotene Preparation	30mg
which provides:	
Beta Carotene	3mg
equivalent to:	
Vitamin A (1650iu).....	500 μ g RE
Zinc (Gluconate)	3.5mg
Saw Palmetto Extract (4:1) . 20mg	
equivalent to:	
Saw Palmetto	80mg
Magnesium (Oxide).....	3.75mg
Vitamin B6.....	3.28mg
(Pyridoxine Hydrochloride)	
Riboflavin - Vitamin B2.....	2.5mg
Thiamin - Vitamin B1	2.3mg
(Hydrochloride)	

PRODUCT	Prostate Formula
PACK SIZE	90 VCaps
CODE	143

DAILY INTAKE
1-3 Capsules with food

SLYGWVGA



THE NEW OPTIMUM NUTRITION BIBLE

More information about the nutrients in these products CODE 196

See our Book List for more information on our range of books



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 that 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	60 VCaps
CODE	429
DAILY INTAKE	1-2 Capsules with food
	Follow a low-yeast, low-sugar diet



PRODUCT	Megadophilus
PACK SIZE	60 VCaps
CODE	428
DAILY INTAKE	1-2 Capsules with food
	Follow a low-yeast, low-sugar diet



MEGADOPHILUS

- A mighty 1.25 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



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.

To enable you to better select your **Health Plus** products from this section, we have divided it into sub-categories; these are Pre- & Pro-Biotics (pages 27-28), Enzymes & Support (page 29) and Fibres & Cleansers (page 30).

DIGESTIVE AIDS PRE & PRO BIOTICS

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 with food

Follow a low-yeast, low-sugar diet



PRODUCT Governor

PACK SIZE V-90g

CODE 264

DAILY INTAKE

1 Spoonful (5ml provided)
dissolved in water before a
main meal

GOVERNOR

- Dependable ingredients which may help to govern your intestinal health.
- Helps to promote comfort within the bowel.
- Natural orange flavour.



ACTIVE INGREDIENTS PER 5ml SPOON:

Levulose	4.1g
Acidophilus Powder	150mg
which provides:	
Lactobacillus Acidophilus	1.5 billion
Yeast.....	150mg
Maltodextrin.....	100mg
Lactose (from milk)	100mg
Dried Carrot Powder.....	100mg
Dried Papaya Powder.....	100mg
Rosehip Powder.....	100mg

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)



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).

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.



ENZYMES & SUPPORT 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 VTabs
CODE	035
DAILY INTAKE	1-3 Tablets with food



PRODUCT	Digest Plus
PACK SIZE	60 VTabs
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 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 VTabs
CODE	544
DAILY INTAKE	1 - 2 Tablets with food



email: sales@healthplus.co.uk

DIGESTIVE AIDS FIBRES & CLEANSERS

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 that a fibre supplement is the most practical way to up their daily intake.



PRODUCT	Colon Care
PACK SIZE	V-28 Days
CODE	099
PACK SIZE	V-60 Days
CODE	028
DAILY INTAKE	1 Tablet & 1 Capsule, three times a day with food

SLYGWVG

COLON CARE

- Designed specifically to help maintain the healthy function of the digestive system and cleanse the gut of waste material.
- A non-laxative combination of herbal digestives and natural fibre sources.
- Gentle, natural colon relief!
- The new name for Absorb Plus.

ACTIVE INGREDIENTS PER THREE TABLETS AND THREE CAPSULES:

Beet Fibre	1224mg
Guar Gum	180mg
Walnut Regia	150mg
Corn Silk	120mg
Oat Bran	99mg
Acidophilus Bacteria Mixture.....	61.5mg
which provides:	
Lactobacillus Acidophilus.....	39 million
Agrimony.....	60mg
Fennel.....	60mg
Pulsatilla.....	60mg
Sarsaparilla.....	60mg
Pectin.....	51mg
Barley Malt Extract.....	51mg
Red Clover	45mg

PSYLLIUM SEED HUSK FIBRE

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

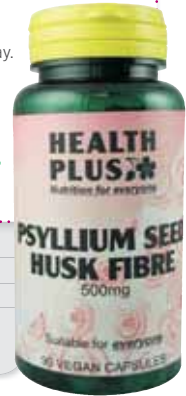
ACTIVE INGREDIENTS
PER CAPSULE:

Psyllium Seed Husk Fibre.....500mg



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

SLYGWVG



FIBRE GUM

- The reliable way to fill your fibre gap.
- Maintain proper fibre intake levels with this natural, non-digestible 90% soluble fibre source, with pre-biotic properties.
- Unbelievably low calorific value.
- Great tasting orange flavour.

ACTIVE INGREDIENTS
PER 15 GRAMS:

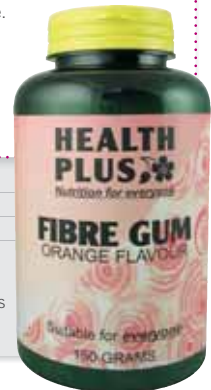
Fibre Gum13.6g

PRODUCT	Fibre Gum
PACK SIZE	V-150g
CODE	507

DAILY INTAKE

15 Grams (5 Grams before each main meal) mixed with a large glass of water or fruit juice

SLYGWVG



“

Water is very important to the body for good health. It helps to keep joints lubricated and maintain skin elasticity. The brain is almost 85% water! Water is also important for digestive health - and for flushing toxins from the body.

”

Other products to consider taking with your Digestive Aids: **DAILY PACKS : Page 48**
SPECIAL NUTRIENTS : Page 54

“ The Hunzas in northern Pakistan, whose diet contains little or no processed oil at all, can live to 100 years old in good health! And Eskimos, whose diet is rich in fatty acids due to their high consumption of oily fish, are known for their cardiovascular health. ”

SLYGWA

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

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



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

SLYGWA

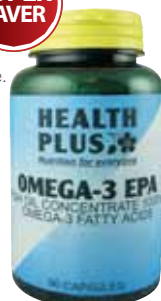
OMEGA-3 EPA

- 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):	
Eicosapentaenoic Acid (EPA)	180mg
Docosahexaenoic Acid (DHA)	120mg

SUPER SAVER



OMEGA FATTY ACIDS

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.

Fax: 01323 872278

OMEGA FATTY ACIDS



OMEGA FLAXSEED OIL 1000mg

- A high strength alternative to our 450mg product.
- More than 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 450mg

- 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	450mg
which typically provides:	
Omega-3 : 52.5%	236.3mg
Omega-6 : 17.5%	78.8mg
Omega-9 : 25%	112.5mg

PRODUCT	Omega Flaxseed Oil 450mg
PACK SIZE	90 VCaps
CODE	464
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 22% GLA content.

ACTIVE INGREDIENTS

PER CAPSULE:

Starflower Oil.....	1000mg
(Borage Oil - 22% GLA)	
which provides (omega-6):	
GLA	220mg



PRODUCT	High Strength Starflower Oil 1000mg
PACK SIZE	90 Caps
CODE	127
DAILY INTAKE	1-2 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 - 22% GLA)...	500mg
which provides (omega-6):	
GLA	110mg

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



OMEGA-3 : FISH OILS

EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) have been shown to help maintain the body's 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.



Other products to consider taking **MINERALS : Page 16**
with your Omega Fatty Acids: **AMINO ACIDS : Page 65**

OMEGA FATTY ACIDS



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	Omega Complex
PACK SIZE	90 Caps
CODE	140
PACK SIZE	240 Caps
CODE	399
DAILY INTAKE	1-2 Capsules with food



PRODUCT	EPO 500mg
PACK SIZE	90 Caps
CODE	040
PACK SIZE	180 Caps
CODE	121
DAILY INTAKE	1-3 Capsules with food



PRODUCT	EPO 450mg
PACK SIZE	30 VCaps
CODE	447
PACK SIZE	60 VCaps
CODE	449
DAILY INTAKE	1-3 Capsules with food



EVENING PRIMROSE OIL 450mg

- Finally, an Evening Primrose Oil product suitable for vegetarians.
- 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)	450mg
which provides (omega-6):	
GLA	45mg



EVENING PRIMROSE OIL 500mg

- This compact and easy to take capsule promises a minimum 10% GLA content.
- Tremendous value for money.
- A guarantee you can count on.

ACTIVE INGREDIENTS PER CAPSULE:

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

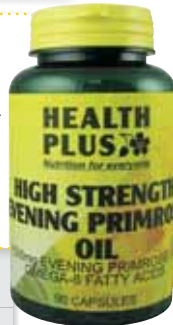


HIGH STRENGTH EVENING PRIMROSE OIL

- 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.

email: sales@healthplus.co.uk



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 34-37), Digestive Health (pages 38-39), Stamina & Energy (page 40), Men's Health (page 41), Women's Health (pages 42-43), Body Shape (page 44), Mood (page 45) and Memory (pages 46-47). 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% Procyanidin18mg

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



BILBERRY WITH EYEBRIGHT



- 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 Powder250mg
Bilberry Standardised Extract100mg
which provides:
25% Anthocyanosides25mg
Eyebright Powder50mg

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



Other products to consider taking
with your Plant Supplements:

MULTI FORMULAS : Page 21

SPECIAL NUTRIENTS : Page 54

CATS CLAW

- Simplicity itself!
- From the Peruvian rainforest, Cats Claw, proper name *Uncaria Tomentosa*, was first used by the Incas.

ACTIVE INGREDIENTS

PER TABLET:

Cats Claw Standardised

4:1 Extract 250mg
equivalent to:
Cats Claw 1000mg
(naturally containing alkaloids
and glycosides)

PRODUCT	Cats Claw 1000mg
PACK SIZE	60 VTabs
CODE	145
DAILY INTAKE	1-2 Tablets with food



LIQUIFORCE
TINCTURE
ALSO AVAILABLE
Page 71



SLYGWV

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)

Seek medical advice if taking Warfarin.



MILK THISTLE

- An unsurpassed natural source of the flavonoid Silymarin.
- Also called Mary Thistle and Holy Thistle, due to its close association with the Virgin Mary.
- Milk Thistle has been used for over 2000 years.

ACTIVE INGREDIENTS PER TABLET:

Milk Thistle Standardised Extract 140mg
which provides:
Silymarin 112mg
which provides:
Silybin 42mg



LIQUIFORCE
TINCTURE
ALSO AVAILABLE
Page 75

PRODUCT	Milk Thistle (Silymarin)
PACK SIZE	60 VTabs
CODE	181
DAILY INTAKE	1-2 Tablets with food



AÇAÍ BERRY EXTRACT

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

ACTIVE INGREDIENTS PER TABLET:

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



NEW
PRODUCT

PRODUCT	Açaí Berry Extract
PACK SIZE	60 VTabs
CODE	599
DAILY INTAKE	1-2 Tablets with food



PLANT SUPPLEMENTS GENERAL & ANTIOXIDANTS



BOSWELLIA

- A harmonious blend.
- Closely related to frankincense, *Boswellia Serrata* is native to the dry hilly areas of India.
- We've mixed extract and whole herb for remarkable effect.

ACTIVE INGREDIENTS PER TABLET:

Boswellia Standardised Extract.....	400mg
which provides:	
65% Boswellia Acids.....	260mg
Boswellia Powder	150mg

PRODUCT	Boswellia
PACK SIZE	60 VTabs
CODE	458
DAILY INTAKE	1-3 Tablets with food



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)	



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



FEVERFEW 350mg

- An exceptional product believed to have many health properties.
- Feverfew is common throughout Europe, Australia and North America.

ACTIVE INGREDIENTS PER TABLET:

Feverfew Leaf Powder	350mg
which provides:	
0.7% Parthenolides.....	2.45mg

PRODUCT	Feverfew 350mg
PACK SIZE	60 VTabs
CODE	279
DAILY INTAKE	1 Tablet with food



ECHINACEA 500mg

- A timeless classic sometimes known as Purple Cone Flower and native to North America.
- One of the world's most popular herbal products and now becoming increasingly popular in the UK.

ACTIVE INGREDIENTS PER TABLET:

Echinacea Powder 500mg
(naturally containing echinacoside)

L Many of our products at **Health Plus** are completely free of lactose and other dairy derivatives, making them friendly to anyone with sensitivities to such ingredients.

PRODUCT	Echinacea 500mg
PACK SIZE	60 V-Tabs
CODE	148
DAILY INTAKE	1-2 Tablets with food

SLYGWV



LIQUORICE
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SLYGWV

PRODUCT	Olive Leaf 500mg
PACK SIZE	60 V-Tabs
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



Echinacea is a word derived from the Greek for 'hedgehog' and was inspired by the appearance of the flower's central cone.



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 and flesh together with a guaranteed resveratrol content.
- 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 – OPCs)
Resveratrol 20mg

NEW
FORMULA



PRODUCT	Whole Grape Complex
PACK SIZE	30 V-Tabs
CODE	183
DAILY INTAKE	1-2 Tablets with food

SLYGWVg



Dolphin House, 27 Cradle Hill Ind Est,
Seaford, East Sussex, BN25 3JE

PLANT SUPPLEMENTS DIGESTIVE HEALTH

SLYGWVG

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, vegetarian, gelatin free capsule.

ACTIVE INGREDIENTS PER CAPSULE:
 Aloe Vera Concentrate (200:1) 25mg
 equivalent to:
 Aloe Vera 5000mg



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!



SLYGWVG

PRODUCT	Aloe Vera Juice
PACK SIZE	V-500ml
CODE	133
DAILY INTAKE	1-3 Capfuls, on an empty stomach



ALOE VERA JUICE

- A gift of nature!
- The traditional way to take Aloe Vera.
- The Juice can also be splashed on the skin after cleansing to help you feel rejuvenated!

ACTIVE INGREDIENTS
 PER CAPFUL:

Natural Aloe Vera Juice 99.45%
 (extracted from the living plant)



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 of 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 550mg
PACK SIZE	60 VTabs
CODE	149
DAILY INTAKE	1 - 2 Tablets with food

SLYGWVG



PRODUCT	Premier Garlic 500mg
PACK SIZE	60 VCaps
CODE	041
DAILY INTAKE	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 Pure-Gar®, a 99% deodorised form that maintains the important allicin component.



ACTIVE INGREDIENTS PER TWO CAPSULES:

Pure-Gar® Deodorised Garlic Concentrate.....	1000mg
equivalent to:	
Garlic.....	3000mg
which provides:	
Allicin (2000ppm)	2000µg



GARLIC MACERATE

- A welcome addition to our Garlic range.
- A liquid-filled capsule containing garlic standardised to 2400ppm 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 (2400ppm)	1272µg

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



ALSO SEE

ARTICHOKE

An additional plant-based supplement useful for digestive health is Artichoke. See full details in the Digestive Health section on page 29.



In the UK alone, over 100 million Garlic capsules and tablets are purchased every year! There must be a reason!



PRODUCT	Goldenseal
PACK SIZE	30 VTabs
CODE	542
DAILY INTAKE	1-2 Tablets with food

GOLDENSEAL

- Traditionally used by the Cherokee and other Native Americans.
- Goldenseal is now very rare in its natural habitat.
- Extract mixed with whole herb for the all-round effects of this plant.
- Others pale by comparison.



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ACTIVE INGREDIENTS PER TABLET:

Goldenseal Standardised Extract	250mg
which provides:	
10% Alkaloids.....	25mg
(naturally containing Berberine, Hydrastine and Palmatine)	
Goldenseal Root Powder	200mg

“
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.
 ”



SLYGWV

PRODUCT	Korean Ginseng 600mg
PACK SIZE	30 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

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

YGWV

SIBERIAN GINSENG 600mg

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

ACTIVE INGREDIENTS PER TABLET:

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

TRIBULA PLUS



- A remarkable formulation.
- Tribulus Terrestris is a herb that has been used since ancient Greek times.
- Standardised extract guarantees high steroidal saponins content.
- Combined with Damiana and Ginseng for a staggering product.



ACTIVE INGREDIENTS PER THREE TABLETS:

Siberian Ginseng.....	600mg
Tribulus Terrestris Standardised Extract	375mg
which provides:	
20% Steroidal Saponins...	75mg
Damiana	150mg

PRODUCT	Tribula Plus
PACK SIZE	90 VTabs
CODE	220
DAILY INTAKE	1 Tablet, 3 times a day with food.

SLYGWV





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

SLGWVG



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

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



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

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SLGWVG

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

ALSO SEE



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 51 for details. Daily Packs are supernutrition in a sachet!



Tel: 01323 872277



WILD YAM

- Wild (Mexican) Yam has been used since Aztec and Mayan times.
- Combining extract and powder with Black Cohosh to maximise effectiveness.
- Quality and potency guaranteed.

ACTIVE INGREDIENTS PER TABLET:

Wild (Mexican) Yam Standardised Extract...200mg which provides:

6% Steroidal Saponins 12mg
Wild (Mexican) Yam Powder..... 100mg
Black Cohosh Root Powder 100mg

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PRODUCT	Wild Yam
PACK SIZE	60 VTabs
CODE	457
DAILY INTAKE	1 - 2 Tablets with food



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.

ACTIVE INGREDIENTS PER TABLET:

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

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PRODUCT	Red Clover (40mg Isoflavones)
PACK SIZE	30 VTabs
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.

ACTIVE INGREDIENTS PER TABLET:

Sage Leaf Powder400mg (naturally containing flavonoids)

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

PRODUCT	Sage 400mg
PACK SIZE	60 VTabs
CODE	540
DAILY INTAKE	1-2 Tablets with food



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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 VTabs
CODE	283
DAILY INTAKE	1-2 Tablets with food



WOMEN'S HEALTH PLANT SUPPLEMENTS



DONG QUAI 550mg

- A growth in popularity by word of mouth.
- Proper name *Angelica Sinensis*, Dong Quai is native to the Orient.
- It has a sweet pungent aroma, making it popular for cooking.



ACTIVE INGREDIENTS PER TABLET:
Dong Quai Standardised 4:1 Extract ... 140mg
equivalent to:
Dong Quai550mg

PRODUCT	Dong Quai 550mg
PACK SIZE	60 VTabs
CODE	147
DAILY INTAKE	1-2 Tablets with food



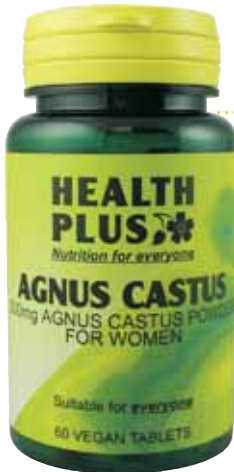
PRODUCT	Black Cohosh
PACK SIZE	60 VTabs
CODE	278
DAILY INTAKE	1 Tablet with food

BLACK COHOSH

- One of the most talked about plant supplements on the market today!
- Black Cohosh is also known as Squaw Root, having been widely used by Native Americans.
- Standardised extract mixed with whole herb for the all-round effects of this remarkable plant.



ACTIVE INGREDIENTS PER TABLET:
Black Cohosh Standardised Extract300mg
which provides:
25% Glycosides7.5mg
Black Cohosh Root Powder200mg



AGNUS CASTUS 500mg

- A highly popular product.
- Also known as Chasteberry.
- Full name is *Vitex Agnus Castus*.
- Known since the 6th Century, and was once a symbol of chastity.



ACTIVE INGREDIENTS PER TABLET:
Agnus Castus Powder 500mg
(naturally containing flavonoids, iridoids and terpenoids)

PRODUCT	Agnus Castus 500mg
PACK SIZE	60 VTabs
CODE	277
DAILY INTAKE	1 Tablet with food



Fax: 01323 872278



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, as we understand the importance of using manufacturers in the UK!

CHLORELLA 550mg

- *Chlorella Pyrenoidosa* is a single-cell 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 for which 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





ST. JOHN'S WORT

- Our highest strength ever.
- St. John's Wort contains an active substance called Hypericin and has a loyal following worldwide.
- **Health Plus** St. John's Wort is presented as a standardised extract (0.3% Hypericin), combined with St. John's Wort powder to ensure that it maintains the all-round properties of this remarkable plant.

ACTIVE INGREDIENTS PER TABLET:

St. John's Wort Standardised Extract.....	400mg
which provides:	
0.3% Hypericin.....	1200µg
St. John's Wort Powder.....	100mg

Anyone taking prescribed medicines (inc for HIV, blood pressure, contraception and anti-rejection drugs) should consult their GP before using St. John's Wort



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PRODUCT	St. John's Wort (1200µg Hypericin)
PACK SIZE	60 V-Tabs
CODE	182

DAILY INTAKE
1-2 Tablets with food



PRODUCT	Valerian
PACK SIZE	60 V-Tabs
CODE	445
DAILY INTAKE	1 Tablet, with food, half an hour before bed



VALERIAN

- Once known as *phu* because of its distinctive aroma, this remarkable plant has traditionally been used and recognised by herbalists worldwide.
- Containing both Valerian extract and Valerian powder to give an all-round balanced product.

ACTIVE INGREDIENTS PER TABLET:

Valerian Root Powder.....	250mg
Valerian Root Standardised Extract.....	150mg
which provides:	
0.8% Valerenic Acids.....	1.2mg

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Native to Britain and Europe, St. John's Wort is found in meadows and by roadsides, in sunny positions as it flourishes in the springtime, flowering at the time of the summer solstice.

MAGNOLIA

- Although traditionally used since 100 AD, Magnolia has only recently been available in supplement form.
- This amazing herb is presented here in standardised extract form, to provide a guaranteed 2% of the important Honokiol constituent.

ACTIVE INGREDIENTS PER TABLET:

Magnolia Standardised Extract ...	325mg
which provides:	
2% Honokiol.....	6.5mg

PRODUCT	Magnolia
PACK SIZE	60 V-Tabs
CODE	489
DAILY INTAKE	1-3 Tablets with food



PLANT SUPPLEMENTS MEMORY



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 liver cell 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 Lecithin550mg
(GMO Free)

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



PRODUCT	Lecithin Granules
PACK SIZE	V-250g
CODE	199
DAILY INTAKE	1 Tablespoon (7.5g) 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



Nearly all **Health Plus** formulations are completely Sugar Free, making them exceptional products to have whilst on any low-sugar or healthy eating plan as well as to maximise the uptake of the active ingredients.



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



GINKGO 100

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

ACTIVE INGREDIENTS PER TABLET:

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



500 OF THE MOST IMPORTANT WAYS TO STAY YOUNGER LONGER

More information about the nutrients in these products. CODE 512

See our Book List for more information on our range of books



GINKGO 50

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

ACTIVE INGREDIENTS

PER TABLET:

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



Ginkgo is thought to be the oldest tree on the planet, first growing about 190 million years ago. It is a deciduous tree that can grow to over 100 feet in height.

RHODIOLA COMPLEX

- One of a new breed of plant products.
- Rhodiola Rosea is one of over 50 varieties of this mountain grass and naturally contains rosavin.
- Mixed with Ginkgo Biloba for extra effectiveness.

ACTIVE INGREDIENTS

PER TABLET:

Rhodiola Standardised	
Extract	350mg
which provides:	
1% Salidroside.....	3mg
40% Polyphenols	140mg
(naturally containing rosavin)	
Ginkgo Biloba Leaf Powder..	50mg



PRODUCT	Rhodiola Complex
PACK SIZE	60 VTabs
CODE	270
DAILY INTAKE	1-2 Tablets with food





DAILY PACKS

Aiming to take the stress and guesswork out of supplementation, we offer **Health Plus** Daily Packs, which are formulated for specific needs. Containing 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 48-50), which covers many different groups, Men's Health (page 51) and Women's Health (pages 52-53).

“The Original and Still the Best”

PRODUCT	Immunade Pack
PACK SIZE	V-28 Days
CODE	037
DAILY INTAKE	1 Sachet (2 VTabs, 1 VCap) with food



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 α-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 VTabs, 1 VCap) with food



IMMUNADE 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 α-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

GENERAL WELL-BEING DAILY PACKS

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 the back cover!

SUPER SAVER

SLYGWA

PRODUCT	Joint Pack
PACK SIZE	28 Days
CODE	136
DAILY INTAKE	1 Sachet (2 VTabs, 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 58.

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

SLYGWA

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



Dolphin House, 27 Cradle Hill Ind Est,
Seaford, East Sussex, BN25 3JE

DAILY PACKS GENERAL WELL-BEING



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).....	2250 μ g RE
Selenium (Selenomethionine Preparation)	50 μ g
Manganese (Gluconate).....	1.3mg
Potassium (Chloride).....	5mg
Chromium (Chloride).....	110 μ g
Vitamin D (400iu) (Cholecalciferol Preparation).....	10 μ g
Folic Acid (Folacin)	100 μ g
Biotin.....	100 μ g
Vitamin B12	10 μ g

PRODUCT	Metabolic Pack
PACK SIZE	V-28 Days
CODE	017
DAILY INTAKE	
1 Sachet (5 V-Tabs) with food	

SLYGWA

**TOP
10
SELLER**

**SUPER
SAVER**

SLYGWA

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



TEENAGE PACK

- For the now 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)	800 μ g RE
Vitamin D (200iu)	5 μ g
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)	50 μ g
Manganese (Gluconate)	1.3mg
Potassium (Chloride)	5mg
Vitamin D (400iu) (Cholecalciferol Preparation).....	10 μ g



“
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.....	450mg
which typically provides:	
Omega-3 : 52.5%	236mg
Omega-6 : 17.5%	79mg
Omega-9 : 25%.....	113mg
Vitamin E (200iu)	134mg α-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

SLGWV



SLYGWA

PRODUCT	H H Pack
PACK SIZE	28 Days
CODE	025
DAILY INTAKE	
	1 Sachet (3 VTabs, 1 Cap) with food



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 60.

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 α-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



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DAILY PACKS WOMEN'S HEALTH

SLYCWVG

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 α-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



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 α-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

YCWVG

SLYGWVAG

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



CANTROL 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, 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

SLYGWVAG



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 27.



Tel: 01323 872277

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 more easily select products from this section, we have divided it into subcategories; these are Mood & Memory (page 55), Energy (pages 56-57), Joint Health (pages 58-59), and General Well-Being (page 60).

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

SERRAPEPTASE

- A proteolytic enzyme that has been used to address all manner of health concerns.
- Great for digestive health and the proper healing of scar tissue.
- High strength 80,000iu per capsule.

ACTIVE INGREDIENTS

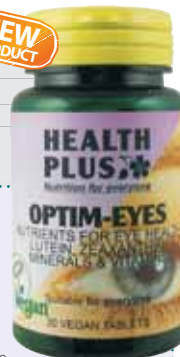
PER CAPSULE:

Serrapeptase..... 32mg
which provides:
Serrapeptase..... 80,000iu

PRODUCT	Serrapeptase
PACK SIZE	60 VCaps
CODE	598
DAILY INTAKE	1-2 Capsules with food



PRODUCT	Optim-Eyes
PACK SIZE	30 VTabs
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



Other products to consider taking with your Special Nutrients:

DIGESTIVE AIDS : Page 27

PLANT SUPPLEMENTS : Page 34

SLYGWV

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

THINK AGAIN PHOSPHATIDYLSERINE

- 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

SLYGWV

ALSO SEE

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 6.



ALSO SEE

PLANT SUPPLEMENTS

There are more Memory & Mood products in our wide range of Plant Supplements - like St. John's Wort, Ginkgo 100 and Rhodiola Complex. Check them out, starting on page 34.



Tel: 01323 872277

SPECIAL NUTRIENTS ENERGY

TIGER POWER

- A combination of Guáraná, Ginseng and Ginger.
- Designed to maintain physical, mental and sexual energy with the power of this nut-like seed.
- Multi-purpose and ideal for busy mums, executives, students, athletes, drivers and teachers - in short, anyone who needs to keep their energy level up.

ACTIVE INGREDIENTS

PER TABLET:

Guáraná Powder	100mg
Ginseng Extract	20mg
Ginger Powder	20mg

PRODUCT	Tiger Power
PACK SIZE	30 VTabs
CODE	266
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



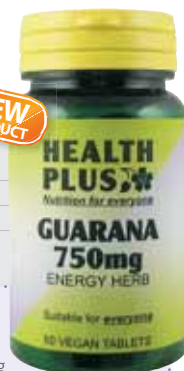
PRODUCT	Guáraná 750mg
PACK SIZE	60 VTabs
CODE	594
DAILY INTAKE	1-2 Tablets with food

GUÁRANÁ 750mg

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

ACTIVE INGREDIENTS PER TABLET:

Guáraná	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 Q1060mg

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 Q1030mg
 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 VTabs
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 Q1030mg



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 Q1030mg



SPECIAL NUTRIENTS JOINT HEALTH

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 Vtabs
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 ”

SUPER SAVER

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!

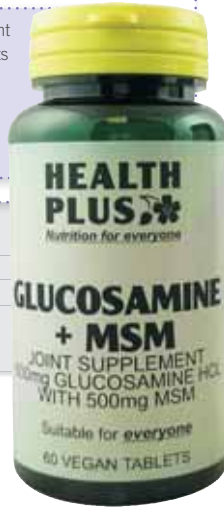


ACTIVE INGREDIENTS PER TABLET:

Glucosamine Hydrochloride500mg
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 VTabs
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 VTabs
CODE	243
DAILY INTAKE	1-2 Tablets with food



NEW PRODUCT

PRODUCT	Glucosamine HCL 1500
PACK SIZE	30 Vtabs
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

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

SPECIAL NUTRIENTS GENERAL WELL-BEING

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 VTabs
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 VTabs
CODE	509

DAILY INTAKE
 2-3 Tablets with food



PRODUCT Mushroom Extract Complex

PACK SIZE 60 VTabs

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-Tyrosine400mg
 Para Amino Benzoic Acid...400mg
 Copper (Sulphate).....6mg

PRODUCT	Tyro Tan
PACK SIZE	60 VTabs
CODE	193

DAILY INTAKE

2-3 Tablets, with a little sun exposure



SLYGWVG

PRODUCT	Konjac Fibre 500mg (Glucmannan)
PACK SIZE	70 VCaps
CODE	005
PACK SIZE	210 VCaps
CODE	098

TOP 10 SELLER

SUPER SAVER

DAILY INTAKE
 2 Capsules before breakfast;
 3 Capsules before lunch;
 5 Capsules before dinner.
ALWAYS TAKE WITH PLENTY OF WATER.



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 Fibre5000mg
 (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.

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 50) 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!



KONJAC FIBRE POWDER

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



ACTIVE INGREDIENTS PER SIX GRAMS:
 Konjac Fibre6000mg
 (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.

SLYGWVG

Fax: 01323 872278

WEIGHT CONTROL



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



Other products to consider taking with your Weight Control: **METABOLIC PACK : Page 50**
OMEGA FATTY ACIDS : Page 31

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.	



PRODUCT	High Strength CLA
PACK SIZE	90 Caps
CODE	269
DAILY INTAKE	1 Capsule three times a day, with food.



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



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 50. Daily Packs are supernutrition in a sachet!



WEIGHT CONTROL



PRODUCT	Phase 2® 500mg
PACK SIZE	60 V-Tabs
CODE	519
PACK SIZE	90 V-Tabs
CODE	527

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



PRODUCT	Tummy
PACK SIZE	V-90g
CODE	263
DAILY INTAKE	1 Spoonful (5ml provided) dissolved in water, before a main meal.



TUMMY

- Got a constant blown out or burst feeling? Does your stomach feel conspicuous or noticeable?
- **Health Plus Tummy** contains ingredients which may help to maintain a flat tummy.
- Natural lemon flavour.

ACTIVE INGREDIENTS PER 5ml SPOON:

Levulose	4.2g
Acidophilus Powder	150mg
which provides:	
Lactobacillus Acidophilus	1.5 billion
Yeast	150mg
Maltodextrin	100mg
Lactose (from milk)	100mg
Dried Carrot Powder	100mg
Dried Papaya Powder	100mg

ALSO SEE



PLANT SUPPLEMENTS

Plant supplements like our Spirulina and Kelp can help to provide essential nutrients vital to the determined slimmer. See page 44 for more details.

BOLDO COMPLEX

- Plant power!
- A combination of herbs, including Boldo, Fucus Vesici and Uva Ursi.
- All traditionally used for many, many years.

ACTIVE INGREDIENTS PER SIX TABLETS:

Fucus Vesici Standardised	
4:1 Extract	270mg
equivalent to:	
Fucus Vesici	1080mg
Uva Ursi Standardised	
4:1 Extract	194.4mg
equivalent to:	
Uva Ursi	777.6mg
Boldo Standardised	
4:1 Extract	159mg
equivalent to:	
Boldo	636mg
Boldo Powder	159mg
Clivers Standardised 4:1 Extract	144mg
equivalent to:	
Clivers	576mg
Dandelion Powder	40.8mg



PRODUCT	Boldo Complex
PACK SIZE	180 Tabs
CODE	397
DAILY INTAKE	2 Tablets, three times a day with food





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 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.

Fax: 01323 872278

AMINO ACIDS

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

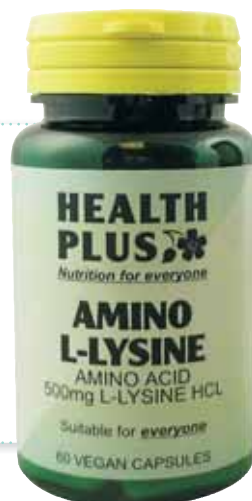
SLYGWVGF

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 with this essential amino acid.

ACTIVE INGREDIENTS PER CAPSULE:

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

SLYGWVGF



MADE IN THE UK

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



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 60.

Other products to consider taking with your Amino Acids:

MULTI FORMULAS : Page 21

PLANT SUPPLEMENTS : Page 34

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-Tyrosine500mg

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-Methionine500mg

We enjoy your products. You are competitive and efficient and have a lovely 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





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.

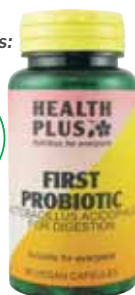
This is why **Health Plus** promote this selection of products to help with child development and growth, from Supermouse – which has been a family favourite for many years – to the newer products such as Junior Omega-3 and First Probiotic.

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 with food.
	Follow a low-sugar, low-yeast diet



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 B125µg



CHILDREN'S SUPPLEMENTS

BRAND NEW
BLACKCURRANT FLAVOUR



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

SLYGWVAP

SUITABLE
FOR AGES
3+

“

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.

”

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

SLYGW

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

SLYGWV

SUITABLE
FOR AGES
6+

Tel: 01323 872277



LIQUIFORCE TINCTURES

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 tincture that contains nothing more than:

- Plant juice / extract
- Alcohol
- Water

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

What better choice and variety?

SLIPPERY ELM FORMULA

- A Native American formula combining Slippery Elm, Rhubarb, Burdock and Sheep's Sorrel.

ACTIVE INGREDIENTS:

Arctium Lappa (Burdock)
Rumex Acetosella (Sheep's Sorrel)
Ulmus Fulva (Slippery Elm)
Rheum Palmatum (Rhubarb)



PRODUCT	Slippery Elm Formula
PACK SIZE	V-50ml
CODE	455
DAILY INTAKE	15-20 Drops in water or juice, twice a day.



AGNUS CASTUS

- Also known as Chasteberry or Chaste Tree, and having the full name Vitex Agnus Castus.

ACTIVE INGREDIENT:

Vitex Agnus Castus



PRODUCT	Agnus Castus
PACK SIZE	V-50ml
CODE	403
DAILY INTAKE	15-20 Drops in water or juice, twice a day.



TABLET
VERSION
ALSO AVAILABLE
Page 43

BILBERRY

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

ACTIVE INGREDIENT:

Vaccinium Myrtillus



PRODUCT	Bilberry
PACK SIZE	V-50ml
CODE	404
DAILY INTAKE	15-20 Drops in water or juice, twice a day.



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Other products to consider taking
with your Liquiforce Tinctures:

MULTI FORMULAS : Page 21
AMINO ACIDS : Page 65

LIQUIFORCE TINCTURES

CHAMOMILE

- Used internationally by those wishing to aid the proper functioning of their digestive system.

ACTIVE INGREDIENT:
Matricaria Recutita



PRODUCT Chamomile
PACK SIZE V-50ml
CODE 456
DAILY INTAKE
15-20 Drops in water or juice,
twice a day.



PRODUCT Black Cohosh
PACK SIZE V-50ml
CODE 405
DAILY INTAKE
15-20 Drops in water or juice,
twice a day.

BLACK COHOSH

- Black Cohosh is also known as Squaw Root and has long been used by Native Americans.

ACTIVE INGREDIENT:
Cimifuga Racemosa



ALSO SEE

CATS CLAW

Many Liquiforce Tinctures have tablet or capsule equivalents in our Plant Supplement section. Check out products like Cats Claw, Feverfew and Valerian starting on page 34.

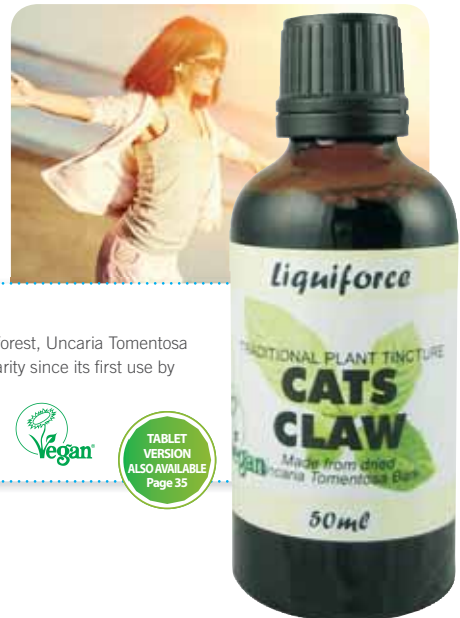
PRODUCT Cats Claw
PACK SIZE V-50ml
CODE 406
DAILY INTAKE
15-20 Drops in water or juice,
twice a day.



CATS CLAW

- From the Peruvian rainforest, Uncaria Tomentosa has gained great popularity since its first use by the Incas.

ACTIVE INGREDIENT:
Uncaria Tomentosa



Email: sales@healthplus.co.uk

LIQUIFORCE TINCTURES

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ECHINACEA

- Also known as Purple Cone Flower and named from the Greek word for 'hedgehog', due to its spiky appearance.

ACTIVE INGREDIENT:
Echinacea Purpurea



PRODUCT Echinacea
PACK SIZE V-50ml
CODE 409

DAILY INTAKE

15-20 Drops in water or juice,
twice a day.

S L Y G W V



DANDELION

- Traditionally used for detoxification and may also be helpful for maintaining skin health.

ACTIVE INGREDIENT:
Taraxacum Officinale



PRODUCT Dandelion
PACK SIZE V-50ml
CODE 407

DAILY INTAKE

15-20 Drops in water or juice,
twice a day.

S L Y G W V



ELDERBERRY

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

ACTIVE INGREDIENT:
Sambucus Nigra

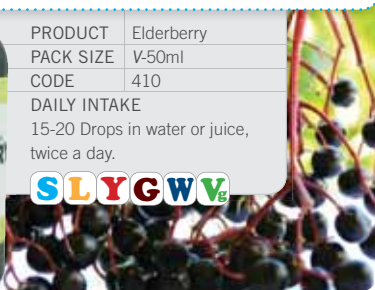


PRODUCT Elderberry
PACK SIZE V-50ml
CODE 410

DAILY INTAKE

15-20 Drops in water or juice,
twice a day.

S L Y G W V



DEVILS CLAW

- Named after the look of its tough, barbed fruit, Devils Claw was first used by various African peoples.

ACTIVE INGREDIENT:
Harpagophytum Procumbens



PRODUCT Devils Claw
PACK SIZE V-50ml
CODE 408

DAILY INTAKE

15-20 Drops in water or juice,
twice a day.

S L Y G W V

SLYGWV

PRODUCT Feverfew
PACK SIZE V-50ml
CODE 411
DAILY INTAKE
 15-20 Drops in water or juice,
 twice a day.



FEVERFEW

- Feverfew is believed to have many health properties and is common throughout Europe, and North America.

ACTIVE INGREDIENT:
 Tanacetum Parthenium



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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.

SLYGWV



SLYGWV

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



GINKGO BILOBA

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

ACTIVE INGREDIENT:
 Ginkgo Biloba



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PRODUCT Goldenseal
PACK SIZE V-50ml
CODE 459
DAILY INTAKE
 15-20 Drops in water or juice,
 twice a day.

SLYGWV

GOLDENSEAL

- Traditionally used by the Cherokee and other Native Americans, Goldenseal is now very rare in its natural habitat.

ACTIVE INGREDIENT:
 Hydrastis Canadensis



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LIQUIFORCE TINCTURES

HORSETAIL

- Horsetail has two distinctive types of stem. The mature, summer form looks like a feathery tail.



ACTIVE INGREDIENT:
Equisetum Arvense



PRODUCT Horsetail
PACK SIZE V-50ml
CODE 417
DAILY INTAKE
15-20 Drops in water or juice,
twice a day.



GOTU KOLA

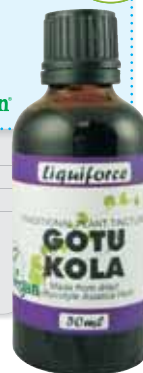
- May help to maintain circulation health and proper memory function, as well as a healthy digestive system and skin.

ACTIVE INGREDIENT:
Hydrocotyle Asiatica



PRODUCT Gotu Kola
PACK SIZE V-50ml
CODE 414

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



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HAWTHORN

- Hawthorn was known in the Middle Ages as a symbol of hope and was known to Dioscorides in the 1st century.

ACTIVE INGREDIENT:
Crataegus Oxycantha



PRODUCT Hawthorn
PACK SIZE V-50ml
CODE 415
DAILY INTAKE
15-20 Drops in water or juice,
twice a day.



HORSE CHESTNUT

- Native to Asia and Northern Greece, Horse Chestnut is now cultivated in many areas of Europe.



ACTIVE INGREDIENT:
Aesculus Hippocastanum



PRODUCT Horse Chestnut
PACK SIZE V-50ml
CODE 416
DAILY INTAKE
15-20 Drops in water or juice,
twice a day.



MARIGOLD

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

ACTIVE INGREDIENT:
Calendula Officialis



PRODUCT Marigold
PACK SIZE V-50ml
CODE 419

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



LIQUIFORCE TINCTURES

MILK THISTLE

- Milk Thistle contains the flavonoid Silymarin and has been used for over 2,000 years.

ACTIVE INGREDIENT:
Silybum Marianum



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PRODUCT Milk Thistle
PACK SIZE V-50ml
CODE 420
DAILY INTAKE
15-20 Drops in water or juice,
twice a day.

SLYGWVg



SLYGWVg

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



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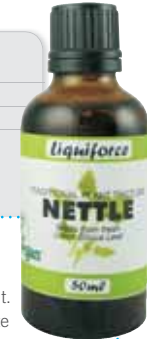
SLYGWVg

PRODUCT Nettle
PACK SIZE V-50ml
CODE 421
DAILY INTAKE
15-20 Drops in water or juice,
twice a day.

NETTLE

- A key cleansing and detoxifying herb, with a high potassium content. It helps with the elimination of waste products.

ACTIVE INGREDIENT:
Urtica Dioica



SAGE

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

ACTIVE INGREDIENT:
Salvia Officinalis

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



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

SLYGWVg

Dolphin House, 27 Cradle Hill Ind Est,
Seaford, East Sussex, BN25 3JE

LIQUIFORCE TINCTURES

ST. JOHN'S WORT

- Taken by a loyal following worldwide, the main constituent is hypericin which has been used since medieval times.

ACTIVE INGREDIENT:
Hypericum Perforatum

CAUTION:
Anyone taking prescribed medicines (inc. for HIV, blood pressure, contraception and anti-rejection drugs) should consult their GP before using St. John's Wort.

PRODUCT	St. John's Wort
PACK SIZE	V-50ml
CODE	425

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



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VALERIAN

- Sometimes known as *phu* due to its distinctive aroma, Valerian has been used worldwide for years.

ACTIVE INGREDIENT:
Valeriana Officialis

PRODUCT	Valerian
PACK SIZE	V-50ml
CODE	427
DAILY INTAKE	15-20 Drops in water or juice, twice a day.



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WILD YAM

- Wild (Mexican) Yam has been traditionally used by both the Mayan and Aztec cultures.

ACTIVE INGREDIENT:
Dioscorea Villosa

PRODUCT	Wild Yam
PACK SIZE	V-50ml
CODE	454
DAILY INTAKE	15-20 Drops in water or juice, twice a day.



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SAW PALMETTO

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

ACTIVE INGREDIENT:
Serenoa Repens

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



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UVA URSI

- Uva Ursi means "bears grape" in Latin, and was first known by the Welsh in the 13th century.

ACTIVE INGREDIENT:
Arctostaphylos Uva Ursi

PRODUCT	Uva Ursi
PACK SIZE	V-50ml
CODE	426
DAILY INTAKE	15-20 Drops in water or juice, twice a day.



0-9

5-HTP Complex55

A

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A5000 + D4005
Açaí Berry Extract35
Acidophilus28
Agnus Castus 500mg43
Agnus Castus, Liquiforce70
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Aloe Vera 5000mg38
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Amino L-Arginine66
Amino L-Cysteine65
Amino L-Glutamine 500mg67
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B12 1000µg9
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SUPERSAVERS

PREGNANCY SUPERSAVER



The must-have for every Mum-to-be! Giving everything you need from conception, through pregnancy until 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.



METABOLIC SUPERSAVER



Complement the high-performance nutrients of the Metabolic Pack with the highly recommended Konjac Fibre. Ensuring fibre intake and all-round 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.



HIS 'N' HERS SUPERSAVER



The On Form 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	30 Days	90 Days
CODE	580	581

DAILY INTAKE

1 On Form For Men or 1 On Form For Women Tablet, with food.



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.



HEALTH + PLUS LIMITED

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