

in your store

DISCOVER THESE PRODUCTS IN YOUR LOCAL HEALTH FOOD STORE NOW

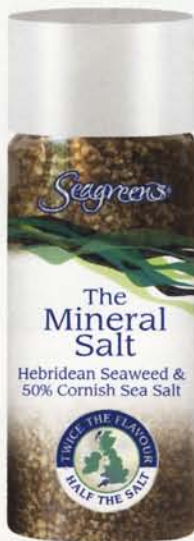


Fucoxanthin - the new breakthrough in weight loss

Fucoxanthin derived from brown seaweed is said to help boost the metabolism and encourage the body to burn more fat. In recent trials women lost 14lb 8oz in 16 weeks, whereas the placebo group lost only 3lb. Scientific research shows that as we age, the metabolism slows down and fat mass increases. These fat stores are more noticeable around the abdomen, known as "middle age spread." Fucoxanthin targets this area with proven results. For a 1 month supply (90 capsules) costs £19.95. For more details call 01670 511066.

Product by: Health Arena

Information: www.healtharenaproducts.com

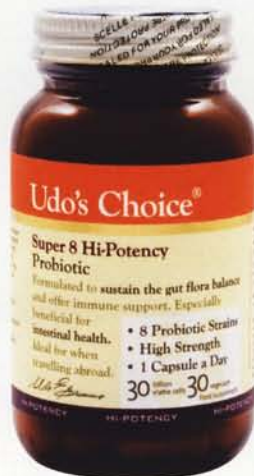


Another healthy option

Latest addition to Seagreens® health-promoting food products, The Mineral Salt is a unique combination of Seagreens' wrack seaweed from their Organic production in the Outer Hebrides, and certified unrefined Cornish Sea Salt. The 50/50 mix offers 'Twice the flavour, Half the salt' with a mineral and nutritional profile the best salt in the world can only dream of! This product also helps fund Seagreens salt reduction in food research. Available from natural food stores and by mail order as a 100g glass jar with shaker top RRP £4.95. Product information at www.seagreens.co.uk/mineralsalt. For Seagreens Information Service call 0845-0640040 or email: info@seagreens.co.uk

Product by: Seagreens

Information: www.seagreens.com



30 billion bacteria in each capsule

Udo's Choice Super 8 Probiotics provide 30 billion active bacteria in every one of the 30 capsules, one of the largest counts in the UK, and are formulated using eight strains of bacteria. This compares with a count of just 10 billion in a typical yoghurt drink which contain only one to two strains. The stomach kills off many of the beneficial bacteria we ingest but, unlike other probiotics, Udo's Choice Super 8's have been developed and tested to reach the intestinal tract safely and at full potency.

Find them in the fridge at your local health store.

Product by: Savant

Information: www.udoschoice.co.uk

NEW



Tasty and versatile!

Heath & Heather's Liquorice & Oriental Spices is a naturally sweet, rich-flavoured drink. This infusion which contains Liquorice, Cinnamon, Ginger and nutmeg to name just a few ingredients can be enjoyed any time, day or night. As an alternative why not try turning boring porridge into a luxury breakfast by adding half a cup of strong infusion to your porridge as you cook it, allowing the oats to take on a spicy, sweetness. Top with sliced almonds and honey for a decadent treat your body will thank you for! For more information call 0800 633 5650.

Liquorice & Oriental Spices

Racine de réglisse et épices orientales

WELLBEING

NATURALLY CAFFEINE FREE | FREE & IRONIC | 100% ORGANIC
NATURALLY SWEET WITH CARAMEL | 100% ORGANIC | 100% PLANT-BASED

20 Bags NET WT: 1.4 OZ (40g)

Product by: Heath & Heather

Information: visit www.heathandheather.co.uk

Switch to biodegradable



Say goodbye to your plastic sponge/scourer pad and switch to a biodegradable alternative from Michael's Original. Hand-made in the Philippines from organically grown luffa plant, these fairly traded, 100% biodegradable washing-up pads are economical too, lasting up to 12 months. Immerse in water for a flexible, versatile pad and hang up to dry after use from its string loop. When they eventually wear out, simply throw in the compost, saving

landfill. Give them a try, you'll be amazed. Fairly traded • Made from luffa • Plastic-free • Long lasting • Effective • Biodegradable • Ethical. For more information call 01892 616871.

Product by: Natural Eco Trading

Information: www.greenbrands.co.uk