

Lorem Ipsum

UPC: 8-25273-03216-1

Strength: 30 Billion

Flavour:

What it Does:

Maintains healthy gut flora

Features and Benefits:

- Helps prevent recurrent urinary tract infections in women Provides live microorganisms that temporarily modify gut flora Provides 4 *Lactobacilli* strains for small intestine care and 1 *Bifidobacteria* strain for colon care Suitable for vegetarians

Features and Benefits HTML:

- Helps support gastrointestinal health
- Restores and normalizes intestinal flora
- Convenient one-per-day critical care formula
- Suitable for vegetarians

Research:

Dysbiosis can result in a number of health issues, including gas, bloating, headaches, poor bowel function, yeast infections, fatigue, skin disorders, allergies, and food sensitivities. Diarrhea also occurs with dysbiosis, with one meta-analysis finding an average of 20% of patients suffering from antibiotic-associated diarrhea. Probiotic use decreased this incidence to just 8% (Cremonini et al., 2002). Probiotics help with immunity, as demonstrated in a randomized, double-blind, placebo-controlled trial, where 28 critically ill patients given high potency probiotics for seven days had greatly enhanced immune system function and reduced intestinal permeability (Alberda et al., 2007). Clinical research has revealed that probiotics help prevent and control food and skin allergies in children, combat bacterial vaginosis and *Candida albicans* infection. (Kumar et al., 2010).

References

Alberda, C., et al. (2007). Effects of probiotic therapy in critically ill patients: a randomized, double-blind, placebo-controlled trial. *Am J Clin Nutr*, 85(3):816-23. Cremonini, F., et al. (2002). Meta-analysis: the effect of probiotic administration on antibiotic-associated diarrhea. *Aliment Pharmacol Ther*, 16(8):1461-7. Kumar, M., et al. (2010). Cancer-preventing attributes of probiotics: an update. *Int J Food Sci Nutr*, 61(5):473-96.

Dolor Sit Amet

UPC: 8-25273-03187-4

Strength: 100 mg

Flavour:

What it Does:

Essential nutritional support for women 50 and over

Features and Benefits:

- Provides the recommended daily vitamins in superfood blend Contains 28 whole food fruit and vegetable sources Contains 1000 IU of vitamin D3, plus key minerals such as calcium, magnesium, and zinc Includes bioavailable forms of nutrients such as vitamin K2, which is often missing from other multivitamins Convenient high-absorption one-per-day formula in easy-to-swallow vegetarian capsules Features non-GMO ingredients Suitable for vegetarians†

Features and Benefits HTML:

Provides the recommended daily vitamins in superfood blend
Contains 28 whole food fruit and vegetable sources
Contains 1000 IU of vitamin D3, plus key minerals such as calcium, magnesium, and zinc
Includes bioavailable forms of nutrients such as vitamin K2, which is often missing from other multivitamins
Convenient high-absorption one-per-day formula in easy-to-swallow vegetarian capsules
Features non-GMO ingredients
Suitable for vegetarians†

Research:

Multivitamin supplements can offer a variety of physical and mental benefits. In one double-blind, randomized, placebo-controlled study, women who took a daily multivitamin for 16 weeks experienced a boost in mood and energy, as well as improvements in sleep quality compared to the placebo group (1). Antioxidant vitamins and minerals including A, C, and E, zinc, and selenium can help prevent cell membrane and DNA damage, and support immune function and healing (2, 3). Calcium, magnesium, phosphorus, zinc, and vitamins D and K2, in addition to regular exercise and an overall healthy lifestyle and diet, can help reduce the risk of osteoporosis (4). Clinically proven vitamin K2 from menaquinone-7 (MK-7) is the most bioavailable, longest-lasting, and most bioactive form of K2 that helps promote bone health (5).

References

1. Sarris, J., Cox, K.H., Camfield, D.A., et al. (2012). Participant experiences from chronic administration of a multivitamin versus placebo...randomised controlled trial. *Nutrition Journal*, 11, 110. 2. Riedl, M.A. & Nel, A.E. (2008). Importance of oxidative stress...treatment of asthma. *Curr Opin Allergy Clin Immunol*, 8, 49-56. 3. Webb, A.L. & Villamor, E. (2007). Update: effects of antioxidant and non-antioxidant vitamin...on immune function. *Nutr Rev*, 65, 181-217. 4. Ruxton, C. (2013). Dietary approaches to promote bone health in adults. *Nursing Standard*, 27(28), 41-49. 5. Knapen, M.H., et al. (2013). Three-year low-dose menaquinone-7 supplementation helps decrease bone loss in healthy postmenopausal women. *Osteoporos Int*, 24(9), 2499-507.

Minim Argumentum

UPC: 8-25273-03682-4

Strength: 10 mg

Flavour: Orange, Raspberry, Lemon

What it Does:

Delicious multivitamin gummy for the maintenance of good health

Features and Benefits:

- Source of antioxidants for good health Helps form collagen, connective tissue, and red blood cells- Convenient gummy format is easy to take Delicious natural orange, raspberry, and lemon flavours Contains nine vitamins and two minerals in every gummy Free of gelatin, gluten, and dairy Suitable for vegetarians

Features and Benefits HTML:

<bullets>Source of antioxidants for good health </bullets><bullets>Helps form collagen, connective tissue, and red blood cells</bullets><bullets>Convenient gummy format is easy to take </bullets><bullets>Delicious natural orange, raspberry, and lemon flavours </bullets><bullets>Contains nine vitamins and two minerals in every gummy </bullets><bullets>Free of gelatin, gluten, and dairy</bullets><bullets>Suitable for vegetarians</bullets>

Research:

Adults of all ages require a complete spectrum of vitamins and minerals to maintain overall health. A daily multivitamin supplement offers both physical and mental health benefits. A double-blind, randomized, placebo-controlled study found that participants who took a daily multivitamin for 16 weeks experienced enhanced mood and energy levels. (1) People with restricted diets have an increased risk of folate deficiency. A cross-sectional study revealed that 100% of celiac patients who were prescribed a typical gluten-free diet had an insufficient intake of folate. Additionally, 39% of these patients had significantly lower blood folate levels than healthy controls. (2) Vitamin D is produced in our skin upon exposure to sunlight; however, those living in northern climates and who use sunscreen may be at risk of deficiency. A health survey identified that 4% of Canadians ages 6,Äi79 are deficient in vitamin D, while 10% do not have sufficient levels to maintain bone health. (3)

References

1. Sarris, J., Cox, K. H., Camfield, D. A., et al. (2012). Participant experiences from chronic administration of a multivitamin versus placebo on subjective health and well-being: A double-blind qualitative analysis of a randomized controlled trial. <i>Nutrition Journal, 11</i>, 110. 2. Valente, F., Campos, T., Moraes, L., et al. (2015). B vitamins related to homocysteine metabolism in adult celiac disease patients: a cross-sectional study. <i>Nutrition Journal</i>, <i>14</i>(1), 110. 3. Langlois, K., Greene-Finestone, L., Little, J., et al. (2010). Vitamin D status of Canadians as measured in the 2007 to 2009 Canadian Health Measures Survey. <i>Health Reports</i>, <i>21</i>(1), 47,Äi55.