



Supplements to Help Support your Health & Healing

Recommended for; _____

FEMA45+™



FEMA45+ is a multi-vitamin which has been formulated specially for women during and after the menopause. The formula provides 28 nutrients at relevant levels including the trace minerals and plenty of antioxidants. It contains good levels of magnesium and calcium, as well as the vitamins D and K to reflect the current thinking on bone health. Additionally the B vitamins, which are renowned for energy, are included at significant amounts. The quantities of the ingredients are based on current research and are much higher than most high street multi-vitamins.



£12.81 for 180 tablets

Sage



Much more than just a culinary herb, sage has traditionally been associated with longevity, with a reputation for restoring memory in the elderly. Practitioners have used sage for many years for the treatment of hot flushes. It is hailed as a mild phyto-oestrogen which means that it is able to bind to oestrogen receptors and this probably accounts for its ability to help alleviate adverse menopausal symptoms



£11.70 for 90 tablets (2500mg)

Multi-Max® Advance



The original Multi-Max® is one of the best, high strength multi-vitamins on the market. Multi-Max Advance® is an improvement on this formula based on new scientific discoveries. Some of the new ingredients include: Green Tea, one of the best antioxidants known, Lutein, which helps to protect the macular of the eye from the effects of ageing, Turmeric which has been shown to offer protection from bowel problems, Vitamin K and much increased levels of Vitamin D, Folic acid and Vitamin B12 which are known to help heart health by reducing homocysteine levels, the harmful chemical present in blood that is linked to heart disease.



£13.65 for 60 tablets

Osteoguard



It is well established that many people's diets provide insufficient supplies of calcium. Calcium intakes of girls and women are of particular concern because of the risk of osteoporosis. Osteoguard® is an all-in-one bone health formula containing high potency calcium and magnesium in a 2:1 ratio, alongside boron and vitamin D which facilitate the utilisation of calcium. Whilst one tablet a day provides good support for most diets, two tablets daily is particularly preferable for those with diets containing little dairy produce or those of menopausal age. It is an excellent partner for most multi-vitamins.



£9.74 for 90 tablets

Glucosamine Complete



This unique formula is probably the most comprehensive supplement for joints available. It contains, glucosamine sulphate, chondroitin, MSM, quercetin, ginger and rosehip extract. The highest grade glucosamine sulphate used in this preparation is similar to the naturally occurring glucosamine produced by the body which provides natural building blocks for growth, repair and maintenance of cartilage. It has been shown to slow the deterioration of cartilage and improve joint mobility. Chondroitin helps cartilage absorb water, keeps joints lubricated and may reverse cartilage loss. MSM may help to repair damaged tissue as well as reducing pain and inflammation. Ginger decreases joint pain in people with osteoarthritis, and increases circulation.



£12.95 for 120 tablets (670mg glucosamine)

Vegetarian Glucosamine



Glucosamine hydrochloride (HCl) is manufactured from a vegetable source that undergoes a special fermentation process.



Glucosamine helps to lubricate joints, repair damaged cartilage and reduces inflammation and pain

£12.67 for 120 tablets (750mg)



Pure Fish Oil

Ideally everyone should eat on average 2 to 3 grams of omega 3's a day but few people achieve this level. Because they pretty much all look the same, it is often difficult to appreciate the difference in the potency of fish oil supplements on the market. The reality is that there is a huge difference! Lamberts® Pure Fish Oil 1100mg has one of the best profiles on the market with a total of 700mg omega 3 fatty acids per capsule including 360mg of EPA and 240mg of DHA. And the 5-stage purification process undergone by the oil ensures that there is no compromise on quality.

£9.74 for 60 tablets, £15.61 for 120 tablets (1100mg)



Flax Seed Oil

Research has shown Flax Seed Oil, and excellent vegetarian substitute for Fish Oil, to be one of the richest natural food sources of the omega 3 essential fatty acid alpha-linolenic acid. The flax seed oil from Lamberts® is cold pressed to ensure that the nutritive qualities are retained, and the degree of saturation, a clear indicator of freshness and stability, is checked to make sure the capsules deliver the claimed nutrients. The capsules are gelatin-free and provide 1000mg of pure flax seed oil, without the aftertaste or odour associated with fish oils.

£9.44 for 90 capsules (1000mg)

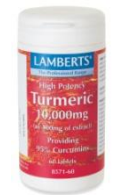


Bromelain

Recent research has shown Bromelain to have anti-inflammatory and pain reducing properties in sprains and strains; It appears to aid the absorption of turmeric and has been shown to help fight infection and is a digestive.

To be of use a product must contain at least 2000 gelatin-dissolving units (GDUs) per gram, which is why it is important to use a high strength product such this one.

£14.63 for 60 tablets (500mg)



Turmeric

Studies have already shown that turmeric can inhibit the inflammatory response. It has been shown to help bursitis, and it is increasingly being added to formulations for back problems. However, almost all of these formulas provide only token levels of this spice. Lamberts® Turmeric extract is a high potency root extract, which is equivalent to 10,000mg of turmeric spice, making Lamberts® Turmeric one of the strongest products in the UK.

£11.26 for 60 tablets (10,000mg)



Green Lipped Mussel Extract

Each tablet contains 350mg of extract from the green lipped mussel, Perna canalicus. This particular mussel is taken by millions of people throughout the world to help maintain joint mobility. Three studies have shown that lyprino (one of the main active ingredients) can be effective as an anti-inflammatory agent, and that it may not have the stomach irritating qualities of anti-inflammatories such as ibuprofen.

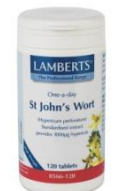
£11.65 for 90 capsules (350mg)



Valerian

Used since ancient Greek times, there has been a dramatic upsurge of interest in valerian over the past 20 years, resulting in over 200 scientific papers on its chemistry and application. Lamberts® Valerian is one of the highest strength products available in the UK. Each tablet contains a 400mg extract, equivalent to 1600mg of valerian. It is recommend to take valerian one hour before bedtime.

£9.74 for 60 tablets (1600mg)



St John's Wort

St John's Wort has been shown to help relieve depression if taken regularly. Pain and depression are linked so, for a holistic cure of pain it is essential to help generate a positive state of mind. Research has shown that only John's Wort preparations containing hypericin like Lamberts' are effective. Each tablet supplies 1000µg hypericin while most other one-a-day products supply just 900µg hypericin!

£14.63 for 120 tablets



Before taking any of these supplements please check they are suitable for you with your chiropractor as some of them are contra-indicated for certain medical conditions.