TAKE THIS BY Lianne

ADULT BOOST

Nourish the whole person-both men and women.

It's far from true that just any old vitamin-and-mineral formula will do. This ultimate phyto-nutritional and mineral multi-nutrient complex offers a boost of bio-availability for maximum absorption and utilization of all the vitamins, minerals, amino acids, antioxidants and phytonutrients it contains.

Amino acids that act as neurotransmitters in the body, essential for proper functioning of the brain and nervous system. Phytonutrients provide potent health benefits from antioxidants to enhance the immune response, improve cellular communication and help detoxification.

Minerals are needed for the production and proper utilization of endocrine hormones. For example, the amino acid L-tyrosine combines with iodine to form thyroid hormones. An important job for two key ingredients in Adult Boost.



DOSAGE

Dosage for adults (12+): 3 capsules daily, with food.

Children age 3-12: 1 capsule daily, with food.

Start by taking one Adult Boost capsule a day and increase to 3, over three days. Take with food. If taken on an empty stomach, you might experience a skin flush from the B vitamins that usually fades after 20 minutes.

Adult Boost can be taken with all other supplements including KID BOOST or SKIN BOOST.

Adult Boost does not contain wheat, gluten, yeast, soy, eggs, dairy, artificial colour or flavour, sugar or toxic preservatives. Suitable for vegetarians in a veggie capsule.