

Optimise your health!



Ayurveda Pura has a range of top quality Ayurvedic Herbal supplements which will help you feel refreshed and healthy this summer.

- Triphala Capsules keep you cool and help detoxify and nourish your body.
- Neem Capsules maintain beautiful skin and help with weight loss.
- Turmeric Capsules are good for anti-ageing and will keep your skin looking fresh and healthy.

www.ayurvedapura.com



A new Omega 3 product which is 100% plant based is being launched into the UK market. Mind & More Omega 3 provides 200mg of DHA oil per capsule and, given non-fish oil content, is also ideally suited for use during pregnancy. Available at Holland & Barrett from mid-June.



By using the skin and pulp of dark-skinned super fruit and no preservatives or fillers, Powerfruits capture an extraordinary high level of natural antioxidants and goodness. To discover more about their products and the potential benefits to your health visit www.powerfruits.co.uk



Spatone is a natural iron-rich mineral water from the mountains of Snowdonia. It has been clinically shown to prevent iron deficiency during pregnancy, and to cause fewer of the unpleasant side effects usually experienced with iron supplementation due to its high absorption rate of up to 40%.

www.spatone.com



Omega 3 and 6 Essential Fatty Acids (EFAs) have been shown to maintain heart health, brain function, create great looking skin, hair and nails, produce higher energy levels, help with mood and assist weight management. Udo's Choice is an organic and vegetarian blend of seed oils that was developed by Dr Udo Erasmus who pioneered the use of EFAs for health. It is formulated to give you the amount of EFAs your body needs in the optimum ratio of 2:1 Omega 3:6.

www.udoschoice.co.uk



To find out what's causing all the stir, go to www.loveyourvagina.com

Reader offer!

Vegetarians can now benefit from a new kind of Omega-3 in the health supplement Echiomega, which provides SDA-rich echium seed oil, rivaling the properties of standard fish oil for heart, brain, mood, eye and joint health benefits. The omega-3 fat SDA is a closer relative to EPA and DHA found in fish oil, and converts to these long-chain fats up to 5 times more than ALA in flaxseed oil. Echiomega is available in convenient capsules, so there's no excuse to skip on your Omega-3s, even when you're on the go! For more information visit www.igennus-hn.com.

For a chance to win a three-month supply of Echiomega, simply answer the following question:

What omega-3 fat is found in echium seed oil?

Send your answer on a postcard to the Vegetarian Society at the usual address (see page 2), or enter online at www.vegsocapproved.org. Competition closes 23rd July 2010.



BEE PREPARED Immune Support by Unbelievable Health is packed with goodness. Bee propolis, elderberry, olive leaf and beta glucans work harmoniously to help keep your immune system in top form.

www.unbelievablehealth.co.uk