



There's a wise old saying, 'you are what you eat'. But it's vital that our digestive system is in smooth working order so it can absorb precious nutrients from our food. Things like stress, convenience food and some prescribed medication can upset the delicate balance in our gut, but fortunately nature has provided herbal remedies that can help the system and soothe the way.

- Also for Joints and Muscles
- Also for Women's Health
- Also for A Busy Lifestyle
- Also for Beauty From Within
- Also for Digestive Health
- Also for Shaping Up
- Also for Mind And Mood
- Also for Men's Health
- Also for Boosting Defences
- Also for A Healthy Heart

DIGESTIVE SUGGESTIVES

Acidophilus (2 Billion 'Friendly' Bacteria) ▼

For healthy digestion and general well-being we need to maintain a healthy balance of bacteria in the gut. Modern-day lifestyle, stress and some drugs, especially antibiotics, can deplete our friendly bacteria which play a vital role in blood cholesterol and immune health as well as our ability to absorb nutrients. Each pro-biotic Acidophilus tablet contains an optimum 2 billion lactic bacteria to help keep levels friendly and beneficial!

Tablets	Price
90	£6.95
180	£12.95

Aloe Vera 10,000mg ▼

Aloe Vera is also known as 'lily of the desert'. It has become legendary worldwide as a soothing and moisturizing skincare product, its most famous fan (back in ancient Egypt) being Cleopatra, who used the fresh gel of the plant to keep her skin soft and young.

Its name may be ubiquitous in beauty care products but Aloe Vera is a very versatile property. The gel of the Aloe plant is rich in anti-inflammatory substances that can help soothe skin conditions and irritations (including sunburn) and also, from the inside, act as a cleansing, calming and balancing effect on the digestive tract and bowel. Aloe Vera is also thought to have a positive effect on the immune system.

Tablets	Price
90	£5.45
180	£9.95

Ginger 1000mg ▼

With its roots in Chinese medicine, Ginger is known as a carminative or 'warming' herb and is now used universally for its soothing effects on the digestive system. Ginger is often recommended by health practitioners to expectant mothers to help with morning nausea – and to travellers for motion sickness!

Tablets	Price
90	£6.75
180	£12.45