



# Ounce of Prevention



Opus I Shopping Center • 6029 North Palm Avenue • Fresno, California 93704 (559) 222-6417  
www.ounceofprevention.com

## OCTOBER / NOVEMBER 2013 NEWSLETTER

Welcome to our October/November 2013 newsletter. Questions? Comments? We're just a phone call, mouse-click, or visit away! As always, thank you for reading our newsletter.

### CoEnzyme Q10

Coenzyme Q10 (often abbreviated CoQ10) is a substance that helps speed chemical reactions in the body. What does this mean to you? Since CoQ10 is needed to generate 95% of your body's energy needs, without this substance you would be unable to generate enough energy to live! We think that's pretty important. Fortunately, your body makes this needed substance; however, as is the case with many nutritive substances, the levels of CoQ10 decline with age, making supplementation a worthy consideration.

Research has shown that CoQ10 may be beneficial for a variety of conditions, including the ill-effects of aging, gum disease, chronic fatigue syndrome (and other conditions affecting energy levels), and conditions affecting mental function, to name a few. Of special mention is CoQ10's cardiovascular support capabilities. In fact, we continuously have customers purchase CoQ10 on the recommendation of their cardiologists, especially if using statins since statins have been shown to decrease CoQ10 levels.

*Ounce of Prevention* carries pharmaceutical-grade coenzyme Q10 in a variety of strengths from 30 mg to 200 mg. On your next visit to *Ounce of Prevention*, consider adding coenzyme Q10 to your daily nutritional regimen... we think you'll be glad you did.

### Low-Cal- Tastes Great!

With today's busy lifestyles it can be a challenge to eat right, a necessary aspect of attaining your dietary goals and maintaining your dietary requirements. We introduce you to the perfect companion to your dietary regimen: *Spiru-tein*, the award-winning low-calorie energy shake by *Nature's Plus*.

*Spiru-tein* is available in a variety of flavors and each refreshing 99-calorie shake provides high amounts of protein, essential vitamins and minerals, and energy providing phytonutrients, placing *Spiru-tein* far above the competition.

If your busy lifestyle makes it challenging to eat healthy throughout your day, or you simply crave a refreshing low-cal mid-afternoon treat, try delicious and refreshing *Spiru-tein*!

### Our Best Winter Defense!

It's that time of the year again. The kids are back in school, we stay in more, and we're exposed to germs and bugs! And it's our duty every year to remind you of our number one selling immune-boosting nutritional supple-

ment: *Wellness Formula*. And it's not only our number one selling formula, it is also America's number one selling product.

A favorite of teachers, *Wellness Formula* contains just about everything you can think of that's aimed at stimulating your body's immune system which in turn protects you from illness. Much stronger and more complete than *Airborne*, *Wellness Formula* contains about thirty different vitamins, minerals and herbs and is the ONLY immune-enhancer you'll need.

A healthy immune system is critical to help us withstand a fierce winter. Protect yourself with *Wellness Formula*—available in capsules and tablets—and with prices starting at \$10.00, there's really no reason to not stay healthy this year!

### From The Finest Purveyors

Looking for a delicious throat and chest lozenge? Look no more! *Jakeman's* Throat and Chest is a sensible natural alternative. *Jakeman's* contains, honey, lemon, anise and eucalyptus oil and is completely free from any harsh chemicals.

Try either delicious cherry or anise flavored. Only \$3.99 for a box of 24 lozenges. Available at *Ounce of Prevention*.

### You Get What You Pay For

The adage, "You get what you pay for" certainly holds true with nutritional supplements. For example, when selecting a multiple vitamin, it's important to read the label to determine the amount of each nutrient you're actually getting. Although this may sound easy, there's a little more to it. Most companies list the nutrient's amount for *each serving*, and a serving may not be just one capsule or tablet. For example, say your vitamin label indicates that it contains 60mg of vitamin C; however, the indicated serving size is three tablets. To determine the vitamin C content of *each* tablet, you need to divide 60 (mg) by three (tablets) to arrive at 20mg of vitamin C per tablet – maybe not quite the amount you thought you were getting. It's not unheard of for serving sizes to be upwards of 10 tablets or capsules! Of course, when you factor in the price paid for the vitamin and break it down into what was paid per milligram, you may learn that what appeared to be a good deal wasn't. We recommend that you purchase quality nutritional supplements from companies utilizing pharmaceutical-grade manufacturing processes and avoid bargain supplements. The world of nutritional supplements can be one of confusion. *Ounce of Prevention Nutrition Shoppe* is ready to help you make educated and informed decisions regarding this all-to-important – and sometimes confusing – aspect of a healthy lifestyle.