



health & body care

SAVINGS



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Back to School HEALTH TIPS



It's almost that time of year again. Can you feel the nerves and stress building up already? Here are a couple easy tips that might help your child/children make the transition a little smoother. Starting your child/children on the following supplements may make all the difference for your family.

Multi-Vitamins: provide nutrients to support healthy development and immune system

Omegas: vital for brain function, healthy circulation, eye health, coordination, mood & athletic performance

Probiotics: help support healthy immune system

Magnesium: helps to alleviate stress & anxiety; may improve behavioral issues associated with PDD/Autism & ADHD. Supports healthy nerves, muscles and bones.

Also, make sure your child/children get plenty of good sleep, proper nutrition and exercise every day.

Here's to a happy, healthy, new school year!

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