

SYNERGY TIMES

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Nattovita

Nattovita is made from Natto—fermented soybean essence powder—and is a highly fibrinolytic nutritional supplement. Nattokinase is widely believed to increase longevity, strengthen heart function, improve cardiovascular health and blood flow, and limit aging's physiological effects. Nattovita is comprised of a unique blend of Nattokinase, Proteinase, CoQ10, and other complementary enzymes, vitamins, and nutrients that work together synergistically to promote general health. Dr. Stephen Sinatra, one of the leading cardiologists, recommends Natto-K as critical for lowering cholesterol.

NADH for Jet Lag

Going Anywhere? If you don't know about NADH for jetlag, you are suffering without cause. The next trip you take that changes time zones, give it a try. It gives you energy and helps you sleep by working with circadian rhythms and the metabolic process to help reset your internal clock. Ask us for special intake instructions. See you soon!

Vitalzyme X

A higher grade of protease enzymes are only available in Vitalzyme X. The exact amount of ingredients in each capsule is protected by a blister pack to ensure proper delivery. They are also hand checked twice daily during the production process.

Proteolytic enzymes are the mediators of the body's defense and homeostatic mechanisms, but the importance of protease in the immune system is often neglected. With a high level of proteolytic enzymes, debris and toxins in the blood are more easily broken up, which can improve circulation to the heart and vital muscles, tissues and organs in the body.

To an amazingly large extent, enzymes are responsible for our health. We require enzymes, not only to eat, digest, and absorb out nutrients, but also to see, hear, smell, taste, breathe,

and move.
Only available
at Synergy
Health.



Synergy News

- New Metagenics 5000 I.U. Vitamin D 120 ct.
- Neuro Science tests and products are now available through Synergy Health
- We now carry Lysine and Glutamine 500g capsules from Bluebonnet
- We also have tongue cleaners back in stock. They promote fresh breath, remove odor causing bacteria, and improve overall oral health.
- Try Crossfit with Jeremy McKenzie for a great workout for those looking for a more balanced core approach to exercise. Take a look at the website. crossfitathleticsgso.com
- New, raw, fermented Zukay Live foods offering wonderful tasting salad dressings and salsa. A delicious vegan, gluten free, raw, preservative free treat

For the perfect night sleep, come see us for your Natura World pillow and mattress needs.

The True Story of Creatine

After many years of confusion about the safety and benefits of creatine use, I would like to relay the facts about the benefits and dosages. The main reasons an individual (man or woman) would use creatine is for improved energy, muscle recovery, and cognitive function. At the basic level, creatine supports cellular methylation. Methylation is a very important biochemical process that is necessary for tissue growth and vascular health. Imbalances in cellular methylation status can be responsible for a variety of vascular disorders like coronary disease, dementia, and Alzheimer's. Creatine intake has also shown positive effects on the reduction of muscle loss and cognitive function as people age. Dosages should be based on but weight, but generally 10 grams per 75 lbs. body weight for 5 days, then 1 gram per 75 lbs. for maintenance. A wash out period of 1 week can be done every 4-6 months. We recommend CreaPure from Jarrow formulas—the best material at a great price!