

SYNERGY TIMES

Vitargo

Work out energy is hard to come by! When muscles run out of glycogen, lactic acid floods in and causes fatigue and soreness. Vitargo (waxy maize) is a sugar free complex carb that loads and replenishes glycogen stores. This translates in better performance and better recovery. So, for those doing long weekend bike rides, to weight training in the gym, Vitargo will enhance your exercise while improving your recovery.

Split Pea Protein

Even as absorbable as whey and egg proteins are, split pea protein has a higher bio available rating (66%) than any other. What makes it even better is the lack of artificial ingredients and it is vegetarian.

It packs 26 grams per scoop of protein in this allergen free powder. What's more, the amino acid profile and ease in digestion make it perfect for weight maintenance and weight gain!

Are you taking a Multi-vitamin?

Many customers come in and buy specific nutrients without taking a multivitamin! The basic understanding of meeting nutritional requirements first is often over looked.

Your body will take incoming nutrients and first use them for the foundation. What's left over will then go to specific conditions.

This being said, even if you eat a great organic balanced diet, you will still have vitamin/mineral deficiencies.

Some great multi's to look at are:

Bluebonnet Super Earth and New Chapter's men's and women's vitamins.



Natura World

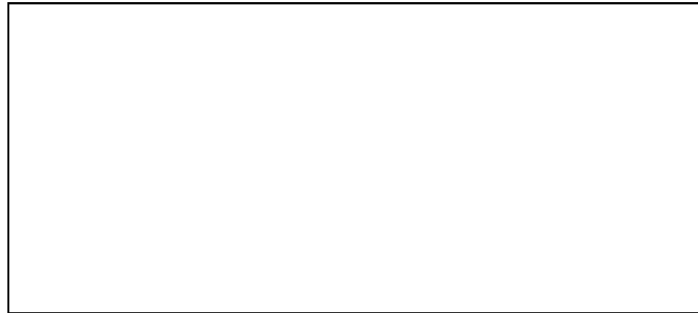
Nature World beds are 25% off during the month of June. Check out their website at Naturaworld.com.

New Products

New Wave stainless steel water bottles are in stock!!! Summer is here, so don't leave polycarbonate water in the SUN!!

New from TT Beef (local, grass fed, hormone free) Ground Sirloin .
This beef is lean and clean!!!!

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Jerry Beamer (compound pharmacist from Pill Time) will be teaching the benefits of testosterone therapy for men on June 24th from 6-7 p.m.

Yoanna Mineral Make-up

Yoanna Mineral Make-up is now here by popular demand. Color tester will be available.

Summertime is here!!!!

Protect your family and yourself with our new line of paba free sunscreens from All Terrain. Available in Kids and Waterproof .