

# SYNERGY TIMES

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## Kids Vitamins

For as long as I can remember, we have given chewable and gummi multi-vitamins to children. This is definitely better than nothing, but in comparison to the quality of raw materials that go into adult vitamins, they fall very short. I prefer to use a high quality adult liquid vitamin and cut the dose in half until 12 years old, 100 pounds, or they are willing to swallow a capsule. We recommend Ultra Source of Life because it is very comprehensive and tastes good. Improve your child's health today.

## The Truth about Acai

With so much information about Acai berries in the media, what should you believe? If it sounds too good to be true it usually is! Acai is great for endurance, stamina, and a rich source of antioxidants. That's it. No miracle cleanse or weight loss will be achieved from using this product. Most of what you see on Oprah in relation to nutrition is more hype than fact. Enjoy Acai in powder, liquid, or frozen smoothie packs to get the true health benefits.

## Systemic Enzymes to strengthen your systems

People often ask me what they should take to improve their health. The most profound supplement we have in our store, or even have access to, is Systemic Enzymes (Nepriinol and Vitalzyme).

It is rated the most important supplement you can take by oncologists to prevent and treat cancer and disease, with a multi-faceted approach to reducing in the cardiovascular system as well as your tissues and joints.

It is also rich in trypsin, the most important immune enzyme in your system.

By breaking up fibrin, scar tissue is reduced and eliminated in your joints and cardiovascular system.

If I could choose only one supplement to take, I would choose this one.

Check it out, you won't be disappointed!



## Synergy News

- We have started carrying Emerald Valley fresh organic salsa again. A very tasty treat with quite a kick to it.. A delicious snack for any occasion.
- Another new addition to our grocery section is Lundberg brown rice bowls. Short grain brown rice that is organic and can be ready to eat in as little as 90 seconds.
- For our wheat free/gluten free customers, we've got another tasty snack for you! Mary's Gone Crackers brand Sticks and Twigs. A light and crunchy snack stick that is whole grain, allergy friendly, baked, organic, rich in omega 3 fatty acids, vegan, and of course wheat and gluten free.
- As always, we remind you to come see us for all of your weight loss needs, especially since bathing suit season is right around the corner. Let us help you shed your winter weight
- We have a great variety of select products at a savings of 50% off this month!

Chocolate Goji Treats~ Superfood Snacks. Enjoy the delicious, exotic flavors of raw superfood snacks. All the goodness of raw chocolate, goji berries, maca, vanilla bean, savory nuts, seeds and spices to energize and activate your body, mind, and soul.

## Sam's Yams

We know that there are a lot of animal lovers out there. We also know that a lot of you treat them as a member of the family. Don't you want to give them the healthiest and most beneficial treats that you can? Sam's yams is a new dog treat that we now have in stock. A nutritional all-star loaded with Carotenoids, Vitamin C, and fiber. These treats make a yummy and nutritious supplement to your dog's diet. It's just a pure food, 100% dehydrated sweet potato treats. Dogs universally love the flavor of sweet potatoes. Sam's yams features an exclusive hard furrowed surface and patent pending design which helps clean teeth and gums. There is no highly processed anything, so pick some up for your pet today!