

HIS & HER NUTRITION

GRIM STATISTICS HIGHLIGHT THE NEED FOR MEN TO MAINTAIN GOOD HEALTH AND PREVENT CHRONIC DISEASE.

Statistics show that men die earlier than women, are four times more likely to suffer from Cardiovascular Heart Disease (CHD), have higher death rates from stroke and diabetes, are twice as likely to die from cancer and men are four times more likely to commit suicide.

The majority of men do not pay enough attention to their health needs, making poor dietary choices high in fats, refined sugars and processed foods. Combine this with a sedentary lifestyle that includes alcohol consumption and smoking and the risk of developing serious illness increases.

Not only does the male diet often lack in essential nutrients, there are many other factors that limit the intake of vitamins and minerals such as poor digestion, stress, alcohol and smoking, overcooking, antibiotics and crop nutrient losses.

Thompson's Men's Multi provides generous amounts of vitamins, minerals and herbs to improve nutrition, maintain general health and help the body naturally resist disease. Thompson's Men's Multi is a powerful health insurance policy in a convenient one-a-day tablet.

Women's nutritional needs differ greatly to men's.

The description of a woman's overall health and wellbeing acknowledged by health professionals is smooth skin, weight is within normal body range, sleep is balanced with wakefulness and the emotions are maintained in a state of equilibrium. The mind is quick, alert and the memory is good. Menstruation occurs normally and without excess discomfort. The hair is lustrous and the nails are strong and healthy.

Symptoms of an exhausted mind AND body are: tired mind; low physical energy; low resistance to stress; premature ageing of the skin and dry skin, brittle nails.

Thompson's new Women's Multi ADVANTAGE™ is a unique dual layer 'feel great, look great' tablet.

The Multi Vitamin and Mineral 'feel great' layer provides the body with nutrients to support a tired mind and body, boost physical energy and support to deal with stress.

The 'look great' layer of 'nutricosmetics' supplies powerful appearance-specific antioxidant herbs to assist in neutralising free radicals generated daily through stress, pollution and exercise. These nutricosmetic herbs can assist in protecting the skin from oxidative damage which can lead to the appearance of fine lines, wrinkles and aged skin, maintaining the integrity of the skin and decreasing premature ageing of the skin.

