

Designed by nature.
Proven by science.



Wellbeing daily supplements
from A.Vogel



Pioneer in Natural Health
- since 1923

A. Vogel

You have the right idea

Maybe you'd like to take steps to protect your good health. Or maybe you'd like to address a minor problem before it becomes something worse. Or maybe you just want to make a commitment to taking better care of yourself. You're making the right decision, because ultimately, taking responsibility for your own wellbeing is the best thing you can do to remain independent and active for years to come.

And that's why natural health pioneer A.Vogel developed a line of products to support common areas of concern in the body. These daily supplements will help you feel your best all the time.



It IS rocket science

You don't have to be an engineer to understand that there are specific, necessary things that keeps a machine running perfectly. But many of us miss the fact that our bodies work in much the same way: we have certain needs and when these aren't met, our personal "machines" will start to malfunction. Over time, those malfunctions can develop into serious problems, which is why it is so important to address them rather than to hope they'll just go away on their own.

Fortunately, the most important things that our bodies need are easy for us to supply:

* SLEEP

It might surprise you to know that, in many ways, our bodies are just as active asleep as they are awake. While we are resting, we're also doing repairs and replenishing our supply of important elements.

* WATER

All the cells in our body are made predominantly of water and to keep them functioning properly, we need to make sure they have a regular supply of it. Water can come from fresh fruits and vegetables, juices, herbal teas and, of course, from drinking water itself. The best method of keeping your body hydrated is to consume moderate amounts of water regularly over the course of the day, rather than waiting until you are already thirsty and drinking a lot at once. And remember: Coffee, cola, black teas and other beverages containing caffeine are not a substitute- they will actually make you more dehydrated.

* EXERCISE

Our bodies are built for movement and when they can't move, they react badly. Our muscles grow weak and stiff and can't support us. Hormones like adrenaline are pushed into the body but not burnt off. We become less efficient at processing nutrients we consume. But the good news is that it requires only a moderate amount of exercise to help maintain good health overall. Walking instead of driving short distances, taking the stairs instead of an elevator, doing work around the house, playing with children or pets- these are all things that can help our body regain its natural equilibrium.

Of course, there are other elements we need to address specific issues with the body- poor digestion, deteriorating vision, stress-induced fatigue, a sluggish thyroid- these are all helped by the carefully formulated daily supplements in A.Vogel's Wellbeing Line.

Further information, tips and clinical studies are available on our web site: www.avogel.ca

This document is not intended as medical advice and in no way excludes the necessity of a diagnosis from a health care professional.

Beauty Essentials	<ul style="list-style-type: none"> • Helps strengthen hair and nails • Helps in the formation of connective tissues (e.g., collagen) • Helps prevent inflammatory skin conditions like eczema, acne, etc. • Sugar, lactose and gluten free
Calcium Absorber	<ul style="list-style-type: none"> • Allows the body to better assimilate calcium • Ideal for arthritis, rheumatism, osteoporosis and growing pains • Sugar and gluten free
Digestive Health	<ul style="list-style-type: none"> • Combats digestive problems like heartburn, dyspepsia and gas • Stimulates the production of digestive enzymes • Anti-inflammatory, antiseptic and antioxidant effects • Sugar, lactose and gluten free
Sharp Vision	<ul style="list-style-type: none"> • Improves eyesight and night vision • Helps prevent macular degeneration • Improves microcirculation in the eyes • Sugar, lactose and gluten free
Thyroid Support	<ul style="list-style-type: none"> • Prevents iodine deficiency • Regulates thyroid function without overstimulation • Encourages cell metabolism and fat loss • Sugar, lactose and gluten free
VegOmega-3	<ul style="list-style-type: none"> • Helps to maintain brain and memory function • Helps reduce the risk of heart attacks and stroke • A complete range of Omega-3s in a 100% vegan capsule • Sugar, lactose and gluten free
Vital Energy	<ul style="list-style-type: none"> • Stimulates and relaxes at the same time: gives energy without jitteriness or spikes • Helps the body to resist stresses • Helps to regulate the production of neurotransmitters (serotonin, norepinephrine, dopamine) • Sugar, lactose and gluten free

