

Solstic Nutrition

NPN 80024284, 30 Stick Packets,

Multi-Vitamin/Mineral Supplement, Stock No. 6504-8

Solstic Nutrition is a comprehensive supplement providing 15 important vitamins and minerals in a great-tasting tropical fruit flavoured drink mix. Vitamins and minerals in liquid form are digested faster and assimilated into the body more quickly than tablets.

Balanced nutrients are often in short supply during special periods of physical stress or convalescence, or in a diet consisting of mostly processed foods. Solstic Nutrition was formulated to top up missing key nutrients in your diet and to ensure your basic health requirements are met. Solstic Nutrition is suitable for all ages beyond one year old.

Did you know?

In a study published by the New England Journal of Medicine, those who consumed proper nutrition had the following benefits:

- 30% less likely to have a heart attack
- 20% lower risk of coronary heart disease
- Able to lower systolic blood pressure by 11 mm mercury and diastolic by 6 mm.

Though nutrients are widely scattered all through our food supply, soil depletion, storage, food processing and cooking destroy many of them. No possible "balanced" diet is likely to meet nutritional needs today, and in fact less than 25% of the Canadian population gets proper nutrition each and every day. Lack of nutrition has been linked to attention deficit disorder, inability to concentrate, and

improper development in children. According to some sources, 75% of North American deaths each year are the result of avoidable nutritional factors.

NSP Advantage

A great-tasting, tropical fruit-flavoured drink mix that provides 100% or more of the Recommended Dietary Allowance or Adequate Intake values for all age groups for biotin, pantothenic acid, and vitamins B1, B2, B3, B6, D and E. It provides 100% or more of the RDA/AI up to age 8 for folic acid and vitamin A, and up to age 13 for vitamin C. And to round out the formula, we have also included vitamin K1 and the minerals calcium, magnesium and zinc.

Ingredients: Each packet of Solstic Nutrition provides the following: Medicinal

Ingredients: Vitamin A (beta-carotene) 500µg RAE (3300 IU); vitamin C (ascorbic acid) 60mg; vitamin D3 (cholecalciferol) 10 µg (400 IU); vitamin E (d-α-tocopheryl acetate) 18.2 mg AT (30 IU); vitamin K1 (pylloquinone) 30µg; thiamine (mononitrate, vitamin B1) 1.50 mg; riboflavin (vitamin B2) 1.70 mg; niacinamide (vitamin B3) 20 mg; vitamin B6 (pyridoxine hydrochloride) 2.0 mg; folate (folic acid) 200 µg; biotin 150 µg; pantothenic acid (calcium-d-pantothenate, vitamin B5) 10 mg; calcium (lactate) 100 mg; magnesium (gluconate) 40 mg; zinc (oxide) 3.70 mg.

Solstic Nutrition, continued

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Non-medicinal ingredients: maltodextrin, citric acid, tropical fruit natural flavours (tangerine, orange, pineapple and lemon), beetroot red, D-tartaric acid, DL-malic acid, sucralose, silicon dioxide.

Recommendation: Use Solstic Nutrition as a multi-vitamin/mineral supplement for the maintenance of good health. **Dosage:** Take 1 packet (6g) once per day. Add contents of packet to 500 mL of water, shake well until contents dissolve and drink. Adults may take two or more packets daily.

Risk Information: Contains vitamin K1.

Consult a health care practitioner prior to use if you are taking blood thinners.

Features & Benefits

- Multi-Vitamin/Mineral supplement that provides broad spectrum nutritional support to the body and helps augment any diet for normal body maintenance and repair.
- Prevents nutritional deficiencies.
- Good nutrition helps in periods of physical stress or convalescence.
- Good nutrition can also increase energy levels and endurance, energize and regulate metabolism, and keep the body tuned up and functioning at high performance.
- Antioxidant vitamins (A, C, and E) can help prevent free radical damage linked to heart disease, cancer, arthritis, cataracts, and even premature aging.
- Studies have indicated daily supplementation with a broad-spectrum multivitamin/mineral can result in a stronger immune system.
- Calcium is a factor in the maintenance of bones and teeth, especially in infancy and childhood.
- Magnesium and vitamin D are essential to the proper utilization of calcium.
- Vitamin D is a factor in the normal development of bones and teeth.
- Vitamin C is a factor in the maintenance of good health.
- Vitamin C is a factor in the normal development and maintenance of bones, cartilage, teeth and gums.