

## WEB PAGE 1

### 3 High Quality Multivitamin Supplement in a Single Pack

Hello All,

We all know that for a healthy, fit and strong body it is essential to include all the important vitamins and other nutrients in our diet. Vitamins are vital nutrients that our body needs in appropriate amount to work properly. Deficiency of any nutrient cause adverse affects on our body but it can be potentially harmful if is taken in large quantity.

Our body is not able to synthesize most of these vitamins and therefore they must be supplied either directly in the diet or in the form of dietary supplements.

Do I need vitamin supplements?

It is recommended to have at least five portions of vegetables and fruits daily for the proper functioning of our body. If you are living a life with minimum exposure to chemicals, pollution, and stress and taking a balanced diet, then you may not require vitamin supplements however, in today's fast paced life it is always not possible to take balanced diet.

As the required servings of fruits and vegetables intake is not possible everyday, it is recognized by the scientists to take nutrient supplements that can 100% fill your nutrition gap.

But the problem is to determine how much of a nutrient is enough without becoming too much. Nutritionists recommend diets that can help you to get optimum nutrients but these recommendations are largely based on their theoretical knowledge. Nutrient requirements are largely dependent on the lifestyle, physiological state and generic variability.

These days emphasis is largely on designing a personalized dietary plan that can help you to optimize your nutrient-intake. Still it is difficult to achieve optimum health by simply taking some combination of nutrients.

How to get best of the Multivitamin Supplement?

There are so many products available in the market that makes it confusing to decide which vitamins you really need and in how much quantity. There are synthetic compounds, all natural nutrients, and nutrients for athletes, stress relieving and lots more.

Before deciding for any multivitamin supplement, never consider costing as a decisive factor because even most expensive of the supplements may not be the best option for your special needs. While you should expect your multivitamin to offer 100% or more of certain vitamins, you should take care of the right therapeutic levels of nutrients, else it may cause disastrous affect on your health.

Finally help is here!

Patrick Holford is a leading light in new approaches to health and nutrition. He began his academic career in the field of psychology. While completing his bachelor degree in Experimental Psychology at the University of York he researched the role of nutrition in mental health and illness.

He later tested the effects of improved nutrition on children's IQ – an experiment that was the subject of a Horizon documentary in 1987.

He became a student of twice Nobel Prize Winner Dr. Linus Pauling, who believed that the future of medicine was “optimum nutrition”. In 1984, with the support of Dr Pauling, Patrick Holford founded the Institute of Optimum Nutrition -charitable and independent educational trust - for furthering education and research into nutrition. ION is now one of the most respected training colleges for clinical nutritionists.

Why Patrick Holford?

"Patrick Holford is guiding the nutrition revolution."

Dr Jeffrey Bland, founder of the Institute of Functional Medicine, USA

Patrick Holford is a pioneer in new approaches to health and nutrition, specialising in the field of mental health.

Patrick has successfully organized many educational campaigns that brought attention to the importance of zinc and pyrolluyria, disglycaemia, antioxidants, methylation and homocysteine, IgG food allergies, essential fats in mental health – factors still greatly underestimated in the treatment of mental illness.

At ION he pioneered many radical ideas in nutrition, from the importance of antioxidants to the dangers of HRT. He has written over 28 popular books, now translated into 17 languages from Spanish to Chinese. The first, Optimum Nutrition Bible, has sold over a million copies worldwide.

Patrick Holford, founder of The Institute for Optimum Nutrition, is widely regarded as an international expert on the role that nutrition plays in Optimum Health.

Patrick has written 28 books selling more than a million copies worldwide. His books are available in 30 countries of the world and are in 15 different languages, from Arabic to Chinese:

Acclaim from Critics!!

**Daily Mail**

*“Patrick Holford is one of the world’s leading authorities on new approaches to health and nutrition.”*

**Hazel Courteney, winner of ‘Health Journalist of the Year’**

*“Patrick Holford offers the most informative, easy to read, cutting edge alternative information you can trust.”*

**Independent - about the Optimum Nutrition Bible**

*“Invaluable. One of the top ten self-help books of all time.”*

**Guardian**

*“Health guru Patrick Holford addresses the true causes of illness – diet. Holford may be regarded as being outside the mainstream, but increasingly his approach is being fostered in conventional medicine.”*

**New Woman**

*“Go and buy Patrick Holford’s book The Optimum Nutrition Bible and learn how to eat yourself better.”*

**Hello**

*“The Optimum Nutrition Bible is packed with practical information including an A–Z of nutritional healing, a questionnaire to work out your own nutritional needs and everything you need to know about supplements.”*

Patrick Holford now introducing the Optimum Nutrition Pack

A revolutionary nutritional supplement to enhance your mental health and boosts your energy

Optimum Nutrition Pack consists of

- Advanced Optimum Nutrition Formula
- Immune C
- Essential Omegas™

What Patrick Holford says about Optimum Nutrition Pack...?

"Advanced Optimum Nutrition Formula™ is the ideal formula for those seeking optimum health and whose lifestyle demands a high level support of nutrients for energy"

"Immune C is the optimum all round supplement to take on an ongoing basis to keep your immune system on top form"

"Most people in the Western world eat too much saturated fat, the kind that kills, and too little of the essential fats, the kind that heal.... Eating the right kind of fat is absolutely vital for optimal health.... who wants to be average?"

### Advanced Optimum Nutrition Formula

Advanced Optimum Nutrition Formula is the correct balance of vitamins and minerals that will help you in:

- boosting vitality
- overcoming vitamin and/or mineral deficiencies
- promoting well-being

The Advanced Optimum Nutrition Formula™ offers the most concentrated source of essential nutrients available to provide optimum levels of every essential vitamin and mineral.

Children under 12 years of age, pregnant and breastfeeding women should consult a healthcare practitioner prior to use.

### Immune C

Our immunity system is as strong as healthy diet we take. For a strong immunity system the proper intake of Vitamin C and minerals is very important. Immune C is an excellent nutrition supplement that constitutes optimum amounts of the vital nutrients vitamin C and zinc, which support the body's natural defences.

Immune C assists in supporting the function of the immune system and to sooth the symptoms associated with cold and flu.

Do not use with pre-diagnosed advanced systemic illnesses such as tuberculosis, leukaemia, connective tissue diseases, multiple sclerosis, HIV, AIDS or other autoimmune disorders.

Immune C provides optimal levels of Vitamin C, zinc and herbs such as Bilberry, Cat's claw, Echinacea and Black Elderberry to enhance and protect your immune system.

## Essential Omegas™

Omega 3 deficiencies can result in some serious health disorders like, ADHD, depression and other ailments. Essential Omegas™, by Patrick Holford, is specially formulated to effectively enhance brain function, elevate mood and promote emotional and physical well-being.

Essential Omegas may assist in supporting the function of:

- the heart & circulatory system
- the male & female reproductive systems and maintaining hormonal balance
- the brain in terms of memory and concentration

Essential Omegas may assist in the relief of:

- pain and inflammation
- dry skin

Omega 3 Fatty Acid complex (Fish Oil) contains Eicosapentaenoic Acid, Docosahexaenoic Acid and Gamma Linolenic Acid

Buy It Now and Save Money

Our Special Prices for limited time

Optimum Nutrition Pack is now available at a special price of just S\$118/-.

Although these products are individually available in the market but that will cost you S\$143/- and our special price offer is limited for a short period of time.

If you want to take advantage of this rare opportunity, please click below now, or call us at (+65) 6276 1380 between 9am and 6pm Singapore time Monday to Friday.

Normal price for these three excellent products is S\$143/- However for a limited time they are being offered at only S\$118/-
---

If you want to buy any of these products individually, please call us at 62761380 or visit our new partner website at [www.ecolivingathome.com](http://www.ecolivingathome.com)

Wishing You Health & Wellness

Essential Living (S) Pte Ltd  
545 Orchard Road #15-08  
Far East Shopping Centre  
Singapore 238882