



**Roseland Plaza • 13600 U.S. Hwy 1**

# **Nutrition News You Can Use**

## **• How to choose the best CoQ10 Supplement —**

A new advanced patented form of CoQ10 called Ubiquinol CoQ10 is now available. This advanced Ubiquinol form of CoQ10 offers greatly improved bioavailability over regular CoQ10 (Ubiquinone form). This vastly improved Ubiquinol form of CoQ10 is absorbed up to eight times better and remains biologically active in the bloodstream many times longer. At Vitamin Plus we sell our own Vitamin Plus brand Ubiquinol Supreme in 100 mg potency.

## **• Bone Supreme, Advanced Bone Builder Available at Vitamin Plus —**

When it comes to preventing Osteoporosis, taking calcium supplements alone is not the answer. You also need other nutrients, Vitamin D, Vitamin K, Magnesium & Trace Minerals in order to enhance the absorption of calcium into the bone matrix. What separates Vitamin Plus brand Bone Supreme from all other bone builders on the market today? 1) Bone Supreme contains the most absorbable form of calcium (calcium citrate). Most bone builders on the market contain calcium carbonate that may cause constipation and is poorly absorbed by many individuals. 2) Bone Supreme contains natural Vitamin D (D3 form) in a much higher dose than found in most other brands. New research on Vitamin D indicate men and women over the age of 50 need

to consume at least 1000 IU of Vitamin D each day to maintain bone density. Bone Supreme supplies 1000 IU of Vitamin D3 per daily dose. Most supplements on the market supply only 400 IU of Vitamin D or less. 3) Recent clinical studies have shown that Vitamin K is vital in supporting bone health because it activates a special protein (Osteocalcin) that is necessary to use calcium to build healthy bone tissue. A daily dose of Bone Supreme supplies a Therapeutic dose of the most effective form of Vitamin K labeled as K2 (Menaquinone). Most other bone building supplements on the market have no Vitamin K at all. 4) Bone Supreme also delivers adequate amounts of magnesium and trace minerals to aid in bone health.

## **• OMEGA-3 Supreme, the most advanced fish oil supplement is now available at Vitamin Plus Health Foods—**

Our Vitamin Plus brand Omega-3 Supreme contains almost 3 times the key Omega-3 components EPA & DHA than do most other brands of fish oil. Also, Omega-3 Supreme soft gels are enteric coated that eliminates that fishy smell, after taste and burp-up that other fish oil supplements often produce. Lastly, Vitamin Plus brand Omega-3 Supreme is pharmaceutical grade and 3rd party tested showing zero mercury, PCBs and other heavy metals.

**Everyday Discount... BUY ONE BOTTLE....  
GET 2ND BOTTLE AT 50% OFF!  
Good on all vitamin and  
herbal supplements we carry.**