

Don't let life ruin your health

If you work hard, play hard, drink alcohol or smoke, your body is depleted of important vitamins, minerals, essential omega fats and anti-oxidants. Furthermore with aging and stress exposure, good hormone (testosterone & DHEA) levels drop, and bad hormone (cortisol & insulin) levels rise. These results in damage to muscles, low energy levels, poor brain function, heart damage, reduced sexual function and accelerated aging.

Brent Murphy – B.Pharm (Rhodes), MPS – specialist nutraceutical research pharmacist.

These are the three most important products to take on a daily basis to address the most basic requirements of the body and brain on a cellular level, for all your health and performance needs:



- ▶ **3-PER-DAY™** – The only all-in-one micronutrient formula that supplies all the vitamins, minerals and anti-oxidants you need, in optimal doses, and in the most absorbable & effective forms possible. SOLAL's 3-PER-DAY™ works on a cellular level to repair tissue, remove toxins and boost energy, helping you cope with the demands of a stressful life, keeping you younger and healthier, for longer.
- ▶ **SOLAL Fish Oil Omega 3 Extract™** – Your brain and heart's best friend. Omega 3's are good fats that most diets are deficient in, essential for boosting concentration & brain power, as well as protecting your heart and immune system. Omega 3's also enhance gym & sports performance, and they burn excess body fat. SOLAL Fish Oil Omega 3 Extract™ is concentrated and purified to remove all possible mercury, heavy metals and toxins, a problem with some fish oil supplements.
- ▶ **Stress Damage Control™** – Stress is a killer! It increases your risk of heart attack by up to 600%. It also unbalances your brain hormones, causing memory loss, anxiety and mood changes. Stress Damage Control™ is a concentrated herbal formula which includes Rhodiola Rosea & Ashwaganda herbal extracts with synergistic micronutrients. It protects your heart and brain from the damages of stress, improves concentration & memory, and safely enhances all types of exercise activity. Stress Damage Control™ is the most important supplement of all, since our diet supplies none of the ingredients found in it.

Additional Solutions:



Can't sleep? Melatonin

- When it comes to sleep, its sleep-quality, not only sleep-quantity that matters. Prescription sleeping tablets do not provide quality restorative sleep; they merely provide sleep-quantity.
- Melatonin is a natural, non-addictive, non-prescription sleep neurotransmitter, which promotes proper sleep-architecture (REM & sleep stages 1-5), essential for quality restorative sleep. With melatonin you sleep efficiently and wake up refreshed and energised.

Exhausted & burning the candle at both ends? Energising Adaptogens™

- Adaptogens are herbal extracts that safely boost energy levels, reduce fatigue and enhance physical performance.

Too much drinking? N-Acetyl-Cysteine

- An amino acid that destroys acetaldehyde, the toxin that causes hangovers. Acetaldehyde also damages the liver. So not only does N-acetyl-Cysteine prevent hangovers, it helps protect your liver too.

Do you smoke? Curcumin

- Curcumin is an extract from turmeric that helps protect your lungs from the damage that smoking causes.

Need to think smarter? DMAE with added OPC

- An amino-acid protein extract that improves memory, increases alertness, boosts energy levels and elevates mood.
- DMAE improves the ability to handle multiple tasks simultaneously.
- OPC is an extract from grape seeds that enhances the effectiveness of DMAE.

Muscle loss? Advanced HGH™

- As we get older, or from over-training, muscle loss accelerates.
- Advanced HGH™ is growth hormone stimulator that works in 4 unique ways. Only SOLAL's Advanced HGH™ contains alpha-GPC and Velvet bean extract, found in no other growth hormone formula, to help prevent muscle loss and build new muscle.

Reduced sexual performance? Libido & Performance Enhancer™

- Poor sexual performance can be caused by age, alcohol, anxiety, obesity or a high fat diet.
- SOLAL's Libido & Performance Enhancer™ supplies testosterone boosting herbal extracts to enhance performance and improve libido.

Worried about Prostate Cancer? Prostate Protection Formula™

- Prostate Cancer is the second most common cancer in men after lung cancer.
- Treatment of prostate cancer is much less successful than preventing it by using nutraceuticals (lycopene, selenium, quercetin, curcumin, betasitosterol, pygeum africanum, I3C) contained in Prostate Protection Formula™ regularly.
- All men over the age of 40 should use Prostate Protection Formula™ on a daily basis as a preventive measure to reduce risk of prostate cancer and to alleviate an enlarged prostate by improving urinary flow, incontinence and difficulty passing urine.

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Available from: SOLAL Technologies, Medical Practitioners, Dis-Chem Pharmacies and selected Pharmacies and Health Shops.

Visit SOLAL's Website to:

- ▶ View/download Solal "Product Information and Health Solutions Guide" for protocols on what to use for most medical conditions and product summaries
- ▶ View/download Solal chart titled "Correcting Pharmaceutical Induced Nutritional Deficiencies". If you are taking the contraceptive pill, pharmaceutical hormone replacement therapy or any other medication, these may be depleting your body of important nutrients.
- ▶ Download comprehensive product information & a pricelist of our full range of 200 nutraceuticals, dermaceuticals and bio-identical hormones for men and women.

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