

Confused about which supplements you need?

Use this pyramid to individualise your supplement program, based on your unique needs.

Health supplements are important for optimal health, disease prevention and possibly even longevity. But deciding which ones to take is not always easy. The plethora of supplements and supplement information out there can make choosing your supplements a mammoth and confusing task, easily taking you down the wrong path or making you give up your search altogether. Use this supplement pyramid to build your supplement protocol from the ground up to help take some of the guesswork out of your supplement needs.

LEVEL 3 OPTIMISATION

OPTIMISATION – Only for those who have already addressed levels 1 and 2

The top level of the pyramid aims at optimising or tweaking your supplement protocol. At this level, you may want to add anti-aging nutrients, extra antioxidants or amino acids. The most common requirements:

- Top anti-aging nutrients: **The Anti-Aging Pill™**
- Top up antioxidants: **Advanced Cellular™ Anti-Aging Antioxidant**
- Brain boosting phospholipids: **PS Phosphatidylserine**
- Detoxifying nutrients: **Detox Drink™**

LEVEL 2 PERSONALISATION

PERSONALISATION – Individualised for your unique health needs

This level of supplements should address your individualised health needs. Some people may need supplements to cope with stress, reduce inflammation, balance hormones, aid with weight loss or control cholesterol, or you may need to boost energy or balance your brain's neurotransmitters to boost mood or memory. The most common requirements:

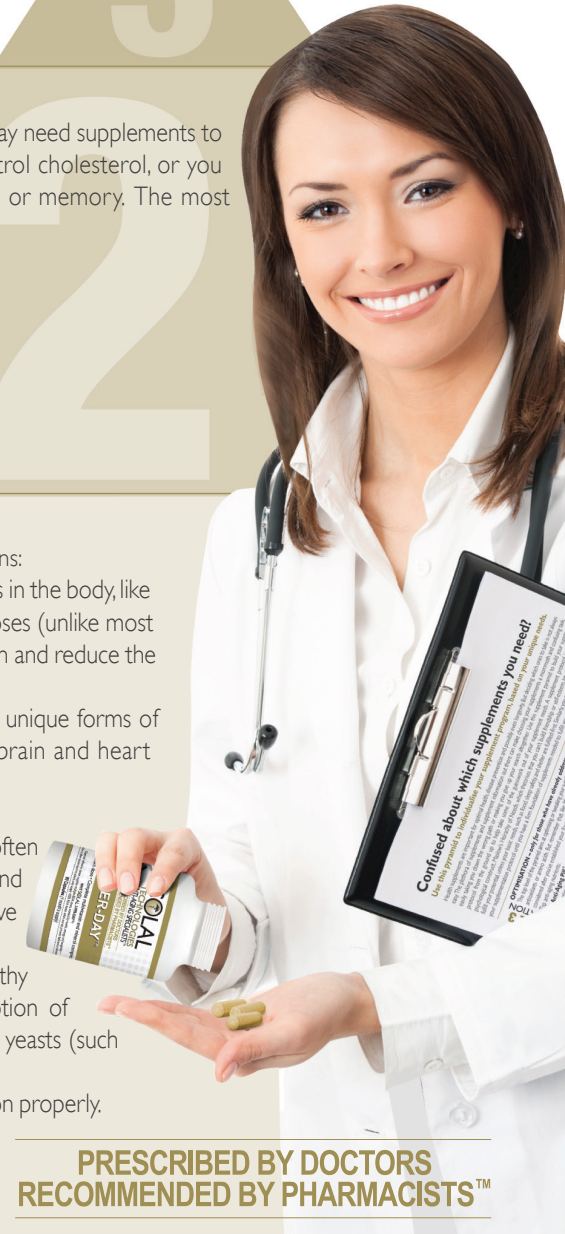
- To cope with and prevent the damaging effects of stress: **Stress Damage Control™**
 - To reduce inflammation: **Inflammation, Pain and Healing Formula**
 - To reduce and manage cholesterol: **Cholest-Away™**
 - To boost your moods: **5-HTP** or **Naturally High™**
 - To lose weight: **Irvingia-Plus™ Fat Burner**
 - To assist with sleep: **Melatonin Slow Release**
- Ask your doctor or nutritionist about SOLAL's comprehensive range of nutraceuticals.

LEVEL 1 FOUNDATION

FOUNDATION: Start here - for everyone

Everyone can start by taking the following supplements to support your body's basic functions:

- 3-Per-Day™**: Supplies the vitamins, minerals and antioxidants needed for basic processes in the body, like energy production, maintenance, growth, repair and immune function. Contains optimal doses (unlike most other brands which supply low RDA doses) to prevent deficiencies, promote optimal health and reduce the risk of some chronic diseases.
- Krill Oil (Neptune-NKO®) Omega 3**: Superior to fish/salmon oil, krill oil contains unique forms of omega 3 fatty acids which are essential for overall health, especially immune system, brain and heart health. Modern diets supply too few omega 3s and too many omega 6s, causing many health problems.
- Vitamin D₃**: Research shows that people who spend most of the day indoors are often deficient in Vitamin D. This deficiency is associated with many diseases such as, mood and sleep problems, depression, brittle bones and early death. Vitamin D₃ is the most effective form of vitamin D.
- Probiotic –Maximum Potency**: Replenishes good gut bacteria and enzymes for healthy digestion and a strong immune system. Probiotics also make and enhance the absorption of vitamins, and they help prevent the overgrowth of unhealthy disease-causing bacteria and yeasts (such as candida).
- Ubiquinol Co-Q₁₀**: Ensures the cells have the energy they need to stay alive and function properly. This unique form of co-enzyme Q₁₀ has a wide spectrum of health benefits, but is especially beneficial for heart and brain health. Ubiquinol Co-Q₁₀ is better absorbed and a more effective antioxidant than conventional co-enzyme Q₁₀.



**PRESCRIBED BY DOCTORS
RECOMMENDED BY PHARMACISTS™**

The information presented above is the opinion of SOLAL Technologies.

CHANGING HEALTH • CHANGING LIVES



Manufactured in a GMP (Good Manufacturing Practice) licensed facility, ensuring pure, safe and uncontaminated products of the highest quality. All our raw materials are tested for potency and purity. Our products do not contain any unhealthy or bulky fillers, but rather are filled to the brim with therapeutic doses of active nutrients and plant extracts.

Available from Dis-Chem Pharmacies, Leading Pharmacies, Health Stores, doctors or from SOLAL Technologies.

Visit SOLAL Technologies website for free downloads, comprehensive product information, booklet guide and chart, price list and to watch a free online video on how to use nutraceutical supplements safely and effectively.

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