



YOUR LIFE VITAMINS

Nutritional Supplements

"30 years of health excellence"



OUR VISION

Is to provide opportunities for people, empowering them to achieve more than they ever thought they could accomplish.

CONTENTS

CORE NUTRIENTS

VITAMIN, MINERAL & HERB

Balanced nutrition PG2

GINGKO BILOBA

Immune booster, Weight Loss,
Sports Nutrition, Metabolic
Enhancer PG3

CELL REGENERATOR

Immune booster, Adaptogen,
Anabolic, Anti-oxidant, Anti-aging
& Sports Nutrition PG4

FIBRE WITH PROBIOTICS

Digestion, Constipation, Weight
Loss PG5



IMMUNE BOOSTERS

VIRUS BUSTER PACK

Potent Immune Booster Pack for
COVID 19 PG6

FIGHT IT

Colds, Flu, COVID, HIV/AIDS PG7

WINTER FORMULA

Colds, Flu, Sinus PG8

BRAIN FOOD

SCHIZANDRA ROYALE

Energy, Endurance, Sports
Nutrition, Adaptogen, Calming,
Concentration PG9

SCHIZANDRA JUNIOR

Children with ADD/ADHD PG10

WEIGHT LOSS

CHROMIUM

Carb burner & Sugar Control PG11

GREEN COFFEE BEAN

Fat & Sugar Blocker, Energy PG12



WOMEN'S HEALTH

LADY EVE

Menopause PG13

YOUNG EVE

PMS PG14

MEN'S HEALTH

ADAM #1

Prostate problems and lack
of libido

ADAM #2

Increased libido PG15

SPECIFIC NEEDS

EYE FORMULA

Eye Health: Glaucoma,
Macular Degeneration PG16

GLUCOSOMINE

Arthritis, Joint Mobility,
Muscle Flexibility PG17

HAPPY BONES

Osteoporosis

ARTHRITIS PACK

Potent pack for Arthritis &
Osteoporosis PG18

MONKS#1

Varicose Veins &
Haemorrhoids PG19

HAIR, SKIN & NAIL

Nutrition for Hair, Skin & Nails
PG20

MARKETING PLAN PG21

GETTING STARTED PG22

SALES TIPS & TRAINING
PG23-25

RULES & POLICIES PG26

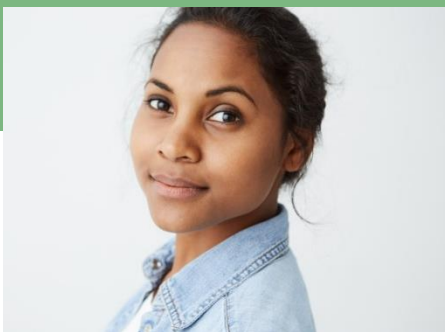


Your Life Vitamins was started by Jonathan Woolf in 1992 when he was introduced to the business plan of a similar type business. He joined that business and made such a success that he decided to take his knowledge and develop the perfect business plan and model for the South African market.

"I was so excited about this business, I had learnt how to become a salesman and developed a great team. I was earning R20,000 per month in 1994, a fortune at the time. Everyday I would go out with my product and my brochures and simply talk to people. When I first started I would load my car boot with product, I simply showed people in the shops and offices my brochures and told them stories in the brochure. My goal was six customers per day, some days I reached my target, other days I fell short. I loved that I could be my own boss and write my own pay cheque. This is the easiest business in the world, all it takes is talking to people and a willingness to work, anyone can do it."

Our products are so good that 28 years later we have members and customers who will nothing else other than the Your Life products. They are brilliant formulations that are safe and work. Our products are also real value for money. I am so confident that our products will work for you, and that you will feel the difference, or your money back!

Jonathan Woolf
FOUNDER OF YOUR LIFE
VITAMINS



DID YOU KNOW?

The human body regenerates itself every second of every day. Everyday, billions of cells die and new cells are regenerated. The source of the building blocks of these new cells are the nutrients we eat daily.

FACT Every 5 days we have an entire new stomach lining

FACT Every 5 weeks we have an entire new skin covering

FACT Every 3 months we have an entire new skeleton

FACT Every 4 months we have an entire new blood supply

FACT Every year 98% of the cells in our bodies have been replaced

The quality of the nutrients we take in will to a large extent determine the quality of the cell that is regenerated.

Core Nutrients are the vitamins, minerals, proteins, carbohydrates and fats that we need to take in daily to sustain our bodies. In short, balanced nutrition is vital to good health. Chronic degenerative diseases such as cancer, eye disease, diabetes, depression, hypertension, high cholesterol etc. can all be linked to nutrient deficiencies and lifestyle factors such as stress. Your Life has developed a balanced nutritional range of products to address these.



CONTACT US:

Welcome to Your Life Vitamins. We are proud to introduce you to our business to you and hope you have every success. Please go through this manual and make sure you understand the business, please contact your sponsor(the person who introduced you to the business) Or the Head Office should you have any queries.

Tel: 074 206 4000

Email: service@yourlifevitamins.co.za

Website: www.yourlifevitamins.co.za

CORE NUTRIENTS

VITAMIN, MINERAL & HERB



It is essential to take in balanced nutrition daily. We do not get sufficient nutrition from our food due to the processing of foods, heating in microwave ovens and the use of pesticides on our crops. Balanced nutrition is essential for growth and cell regeneration in our bodies. Poor nutrition leads to a gradual “starving” of the body and causes us to binge eat and overeat. This starving leads to poor sleep patterns, general fatigue, faster ageing, poor immune systems and eventually diseases that could have been averted. Another huge factor in nutrient depletion is stress. Emotional stress causes our bodies to use certain nutrients faster than others and stress also prevents the digestive system from absorbing nutrients. Supplements are therefore essential for good health. **Vitamin, Mineral & Herb** provides all the nutrients our bodies need in perfect balance.

KEY INGREDIENTS:

- **Vitamins & minerals** are essential to cell regeneration.
- **Amino Acids** form proteins that are needed for the body to function properly from brain function to muscle function and cell regeneration.
- **Betasitosterol** is a plant phytosterolin (plant stem cells) that balances the bodies hormones. It can reduce cholesterol and improve the metabolic rate.
- **Spirulina** is a complete protein and provides all the essential amino acids.
- **Bioperine** increases the metabolism.

RECOMMENDED USE:

General Health Tonic– 2 Capsules in the morning with meal

Weight Loss - 1 to 2 Capsules 3 times per day with meals

Colds & Flu-2 Capsules

3 times per day with meals

HIV/AIDS- 2 Capsules 3 times per day with meals

FOR HIV MUST USE WITH FIGHT IT & FIBRE



CONTENTS:

90 Capsules

NEWSFLASH



What is beta sitosterol?

Beta-Sitosterol is a natural plant sterol that occurs in foods such as fruits, vegetables, nuts and seeds, with a structure similar to cholesterol. Has many beneficial actions, thus can reduce cholesterol, and hair loss, and acts against prostatic hyperplasia and chronic fatigue syndrome. Also beta sitosterol glycosides have also immuno-regulatory actions.

Immune system

The combination of beta-sitosterol and its glycoside (sterolin) can offer relief from many symptoms connected to auto-immune disease and also can reduce inflammation.

Thus beta sitosterol can be used preventive and therapeutically for many health states that involve immune system dysregulation and inflammation such as:

- Herpes, Human Papilloma virus (HPV), warts
- Auto-immune disease: lupus (SLE), psoriasis, vitiligo, rheumatoid arthritis, chronic fatigue syndrome
- Allergies
- Asthma
- Protection from cold and flu

Beta-sitosterol have been shown to enhance the activity of various cells in the body that are recognized as having a positive impact on immune function. Specifically, these plant sterols can improve the balance of T-helper 1 to T-helper 2 cells, enhance cellular immunity, and down-regulate an overactive immune response.

CORE NUTRIENTS

GINGKO BILOBA – ESSENTIAL FOR GOOD HEALTH



The main ingredients are **Potassium and Magnesium** which are electrolytes, studies show that these minerals are leading nutrients deficient in the diets of 80% of adults. These minerals are essential for cell integrity and overall well being. A shortage of Potassium and Magnesium leads to muscle cramps and spasms (especially in sportsmen and women), poor digestion and constipation, headaches, anxiety, poor sleep, hypertension and heart problems.

KEY INGREDIENTS

Herbs & botanicals to increase metabolic rate

Potassium & Magnesium helps lower blood pressure, eases headaches and anxiety and helps to prevent osteoporosis in people who are deficient in these minerals.

“ TELL A TESTIMONY ”

“Ginkgo Biloba has done wonders for me. I had terrible muscle cramps in my legs at night, I could not sleep at all. The doctors could do nothing for me. Jonathan told me to take Ginkgo Biloba and within a day the cramps had stopped and have not returned because I keep on using the Ginkgo.

My blood pressure is also under control. Thanks You Life”

**Melina M ,
Johannesburg**



RECOMMENDED USE:

1 Capsule 3 times per day.
Do not take on an empty stomach

CONTENTS:

90 Capsules



NEWSFLASH

The many health benefits of Magnesium:

Magnesium Is Involved in Hundreds of Biochemical Reactions in Your Body

Magnesium is a mineral found in the earth, sea, plants, animals and humans. About 60% of the magnesium in your body is found in bone, while the rest is in muscles, soft tissues and fluids, including blood .

In fact, every cell in your body contains it and needs it to function. One of magnesium’s main roles is acting as a cofactor or helper molecule in the biochemical reactions continuously performed by enzymes.

In fact, it’s involved in more than 600 reactions in your body, including

Energy creation: Helps convert food into energy.

Protein formation: Helps create new proteins from amino acids.

Gene maintenance: Helps create and repair DNA and RNA.

Muscle movements: Is part of the contraction and relaxation of muscles.

Nervous system regulation: Helps regulate neurotransmitters, which send messages throughout your brain and nervous system.

Boosts Exercise Performance

Magnesium also plays a role in exercise performance.

During exercise, you may need 10–20% more magnesium than when you’re resting, depending on the activity.

Magnesium helps move blood sugar into your muscles and dispose of lactate, which can build up during exercise and cause fatigue.

Magnesium Fights Depression

Magnesium plays a critical role in brain function and mood, and low levels are linked to an increased risk of depression. One analysis in over 8,800 people found that people under the age of 65 with the lowest magnesium intake had a 22% greater risk of depression.

It Has Benefits Against Type 2 Diabetes

Magnesium also benefits people with type 2 diabetes. Studies suggest that about 48% of people with type 2 diabetes have low levels of magnesium in their blood. This can impair insulin’s ability to keep blood sugar levels under control.

Magnesium Can Help Prevent Migraines

Migraine headaches are painful and debilitating. Nausea, vomiting and sensitivity to light and noise often occur. Some researchers believe that people who suffer from migraines are more likely than others to be magnesium deficient. In fact, a few encouraging studies suggest that magnesium can prevent and even help treat migraines.

CORE NUTRIENTS

CELL RENERATOR ANTI-OXIDANT & ANTI-AGING



KEY INGREDIENTS

- **Alpha-Lipoic Acid** is an anabolic amino acid to help the body build muscle faster.
- **CoEnzyme Q10** is a nutrient that helps cells 'breathe'. All the bodies energy is created through the aerobic cellular respiration. The heart, liver and kidneys have the highest energy requirements in the body and therefore have the highest concentration of CoEnzyme Q10. In short, it is a vital ingredient to heart, liver and kidney health. It slows down the aging of the body.
- **Citrus Bioflavonoids** are anti-oxidants.
- Biotin is necessary for cell growth and ridding the cells of carbon dioxide.
- **Deoxyribonucleic Acid** is a molecule that carries our genetic code used in the reproduction of cells in our bodies.
- **Schizandra Berry** is an adaptogen which oxygenates the blood and rids it of toxins.



RECOMMENDED USE:

- Health Maintenance: 2 Capsules in the morning with meals
- Smokers & Detox: 1 Capsule 3 times per day with meals
- Weight Loss: 1 Capsule 3 times per day with meals
- HIV/AIDS: 2 Capsules 3 times per day for 2 weeks there after 1 Capsule 3 times per day with meals

CONTENTS: 60 Capsules

CORE NUTRIENTS

FIBRE WITH PROBIOTICS A HEALTHY GUT, A HEALTHY BODY & MIND

CONTENTS:

90 Capsules



Your Life Fibre with Probiotics provides the correct balance for a healthy digestive system. Each tablet contains the equivalent of one and a half fruit portions. Good health is all about the absorption of nutrients. Our digestive tracts are simply a delivery system for nutrients. Nutrients are digested, passed into the blood stream and distributed to the cells of the organs, muscles, sinews and bones. To maintain good health it is essential to eat sufficient fibre everyday. Fibre in our digestive systems ensure the growth of good bacteria (Probiotics). Probiotics digest proteins and form enzymes which are the building blocks of our bodies. Probiotics also fight infection and prevent stomach bugs and cancer in the stomach and colon. Probiotics prevent an overgrowth of fungus that causes candida, one of the biggest culprits of yuppie flu. Fibre also ensures regular bowel movements and prevents constipation (Make sure you are drinking enough water)

KEY INGREDIENTS:

Baobab Seed Extract & Probiotics

RECOMMENDED USE:

- Weight Loss, using anti-biotics, Constipation – 1 Capsule 3 times per day
- Health Maintenance - 1 -2 Capsules in morning per day
- Leaky Gut Syndrome associated with HIV/AIDS – Use 1 Capsule 3 times per day with meals and use in conjunction with **Fight It, Vitamin, Mineral & Herb**

2. Baobab is rich in prebiotic fiber

You've probably heard of probiotics, but do you know about prebiotics? Prebiotic fiber feeds the probiotics (good bacteria) in your gut. Eating enough prebiotic fiber is essential for balancing your microbiome and keeping your gut healthy, which also boosts your immune system and promotes glowing skin. Baobab is nearly 50% fiber, 75% of which is prebiotic, making it incredibly convenient for getting more prebiotics in your diet.

3. Baobab is a source of calcium

Calcium is one of the most important minerals in our bodies as it's essential for forming and maintaining strong bones and teeth. Baobab has possibly the highest calcium content of any plant food.

4. Baobab has 4 times the potassium of a banana

Potassium is another incredibly important nutrient which plays a major role in nerve, muscle, and cell function in your body. Potassium also helps regulate your heartbeat. Baobab provides 4 times the potassium of a banana, making it an excellent source of this crucial nutrient.

5. Baobab is a source of magnesium

Magnesium is used in more than 300 reactions in the body! It's important for things like muscle and nerve function, regulating blood sugar levels, and making proteins, bone, and DNA.

6. Baobab provides potent antioxidants

Antioxidants are compounds that protect your cells from oxidative damage caused by free radicals. It's a good idea to consume antioxidants every day to keep oxidative stress at bay, which over time may reduce the risk of certain diseases. Nutrient-dense baobab is an excellent source of antioxidants.

7. Baobab supports gut health

Your digestive system is home to trillions of microorganisms that, when in balance, work to digest food properly and support other bodily systems. Prebiotic fiber acts as food for the good bacteria in your gut, which helps keep the whole microbiome balanced. As baobab is an excellent source of prebiotic fiber.

8. Baobab is an immune boosting powerhouse

Did you know that a whopping 70% of your immune system is wrapped up in your gut? This means that gut microbiome balance is extremely important for maintaining a healthy immune system. Baobab, with its arsenal of potent nutrients, is an excellent immune booster.

Benefits of Baobab Seed

NEWSFLASH

1. Baobab powder is high in vitamin C

We all know how important vitamin C is! It aids in collagen production and is vital for maintaining healthy bones, skin, blood vessels and more. Baobab has 6 times the vitamin C of an orange.

IMMUNE BOOSTERS

VIRUS BUSTER PACK FOR COVID 19 POTENT IMMUNE BOOSTER



VIRUS BUSTER PACK

Fight off the virus with Your Life's super potent virus buster pack

POTENT IMMUNE BOOSTER / VIRUS KILLER / INFECTION FIGHTER

Boost your Immune System to fight disease and viral infections.

- Fights Flu Viruses
- Clears Sinus Infections
- Clears Chest and Bronchial Congestion
- Fights throat and Chest Infections
- Helps the body recover from viral infection

RECOMMENDED USE:

- Children 1 to 4 years-1 Capsule of each per day when sick.
- Children 4 years to 8 years-1-2 Capsules of each 3 times per day when sick.
- Children 8 years to 12 years- 1-3 Capsules of each 3 times per day when sick.
- Children (severe symptoms)-1-3 Capsules of each every 4 hours.
- Adults-3-4 Capsules of each every 4 hours for severe symptoms. There after, 2 Capsules of each 3 times per day.
- Health Maintenance -1-2 Capsules of each per day.

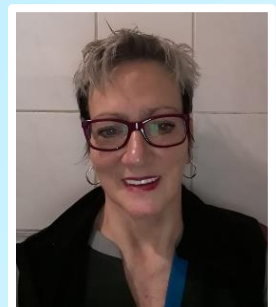
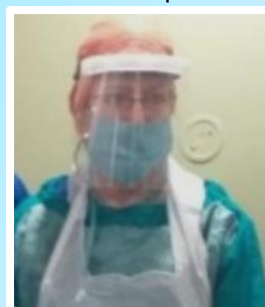


PACK COMPRISES:

VMH (90 Capsules) FIGHT IT (90 Capsules)
WINTER FORMULA (60 Capsules)

“ TELL A TESTIMONY ”

“ My name is **Louise L** from **Vereniging**, Gauteng. I am a nursing sister working at a hospital in the Vaal Triangle in the Covid 19 Ward. On Thursday 9th July 2020 I started feeling very tired with aches and pains all over my body. I had a terrible headache and high fever, I had loss of taste and a very tight chest. I knew that I had contracted the virus. On Sunday, 12th July, my doctor confirmed that I had tested positive with Covid 19. I immediately self-isolated at home. By this time I was really sick, I felt like death !! I had been to see Sophia in Vanderbijlpark a few days earlier and had bought a Virus Buster Pack and started using it on Sunday. I took 2 Capsules of Fight It, Vitamin Mineral and Herb, Winter Formula, every 4 hours throughout the next 2 days. By Tuesday 14th July 2020 I woke up and all my aches and pains were gone, no temperature, only a slight headache. And my chest is fine.
I feel like a new person !!



IMMUNE BOOSTERS

FIGHT IT – THE POTENT IMMUNE BOOSTER



Fight It has been formulated to assist and boost the body's defenses in fighting infection. Fight It is a unique combination of natural antibodies and immune system stimulators to boost the body's immune system on a massive scale. Fight It has been extremely effective in assisting HIV and AIDS sufferers, boosting their immune system and increasing their CD4 count. Increase T-cells in the blood – these T-cells are the MOST important factors in fighting viruses and cancers in the body. Fight It is completely safe and natural and can be given to babies. The most potent immune booster ever.

RECOMMENDED USE:

- Children 1 month to 4 years – One capsule per day when sick
- Children 4 years to 8 years- Two capsules per day when sick
- Children 8 years to 12 years- Three capsules per day when sick
- Adults – 2 capsules 3 times per day depending on severity of sickness
- HIV/AIDS – 2 capsules 3 times per day



FOR BEST RESULTS USE WITH:
VITAMIN, MINERAL & HERB
& WINTER FORMULA

CONTENTS:

90 Capsules



Boost your Immune System

The immune system is composed of a group of chemicals, cells, proteins and tissues that work together to destroy anything it perceives as a threat to our well-being.

Immune cells play a crucial role in the protection of our body against the many foreign substances, pathogens and viruses it comes into contact with every day. It is constantly working to keep us alive. Strengthening your immune system is vital to protecting your body from infection. Despite the complexity of the human body, what it requires to work optimally is quite basic. Eating nutritious foods, getting enough sleep, staying hydrated, avoiding processed foods and managing stress are some of the ways to boost your immunity.

However, due to industrialisation and subsequent lack of nutrients in the soil as well as poor diet choices, many individuals are left with vitamin deficiencies. Research has found supplementing with certain minerals, vitamins and herbs is beneficial in supporting our immune system and promoting longevity.

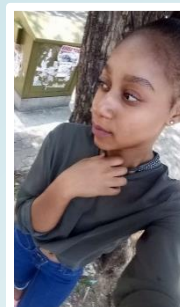
“ TELL A TESTIMONY ”

“I was feeling very sick and tired and my glands in my neck started to swell and became very painful. Tricia Sambo gave me VMH and Fight It, in a few days the swelling came down and I felt much better. After one month, I was 100% alright! Thank you Mama Tricia, thank you Your Life.

Chantelle, Hazyveiw



After



Before

IMMUNE BOOSTERS

WINTER FORMULA FIGHTS COLDS, SINUS & FLU



Winter Formula is a herbal formulation targeted at colds, flu and sinus congestion. It is a combination of herbs, botanicals, vitamins and minerals designed to boost the immune system by improving cell integrity which is broken down from colds and flu.

KEY INGREDIENTS:

- **Vitamin C** in large doses eases and prevents colds and flu.
- **Echinacea** eases the symptoms of colds and flu.
- **Betasitosterol & Spirulina** contain proteins, amino acids and plant phytosterolins to boost the immune system.
- **Zinc** is a mineral essential for cell integrity.
- **Selenium** is an immune boosting mineral.



A new review¹ of 82 existing studies on vitamins C, zinc, and echinacea (*Echinacea purpurea*) adds further support to those nutrients' ability to help maintain immune health and reduce the severity and duration of cold symptoms. The review, which was published in the journal *Evidence-Based Complementary and Alternative Medicine*, found that vitamin C, zinc, and echinacea can help boost immune-system barriers often involved in fighting the common cold.

RECOMMENDED USE:

Maintenance:

1 Capsule per day with meals

Colds & Flu & Sinus Relief:

Adults: 2 Capsules per day

Children (8 -12 yrs):

1 Capsule in morning & evening with meals

Children (4 - 8 yrs):

1 Capsule evening with meals

CONTENTS:

60 Capsules



Upon reviewing the existing data, the researchers found that regular vitamin C supplementation (1 g to 2 g/day) reduces the duration and severity of common cold symptoms by 8% in adults and by 14% in children. Zinc was found to shorten the duration of colds by roughly 33%, but the authors also point out that subjects may be instructed to consume zinc within 24 hours after the onset of cold symptoms. Subjects who supplemented with echinacea (2400 mg/day for prevention and 4000 mg/day during acute stages of colds) over a period of four months appeared to have fewer occurrences of cold symptoms.

All of the nutrients included in this review, "have pivotal roles in terms of prevention and treatment (shortening the duration and/or lessening the severity of symptoms) of common colds," wrote the study authors. They concluded that the current review adequately demonstrated that vitamin C, zinc, and echinacea are an effective way to reduce symptoms of the common cold, and to boost immune health.

“ TELL A TESTIMONY ”

“ I have suffered with sinusitis my whole life. I would always be blocked at night. First thing in the morning, my eyes were teary and itchy and I would sneeze all the time. My nose would run all day long and I was ashamed in front of people. Tissue was my friend. My mom introduced me to Your Life. I have been using Fight It, Vitamin Mineral and Herb, Winter Formula for 8 months now. I am confident to say that I have not been to see a doctor in since February this year. All my problems have gone, I am OK now. No repeat expensive medication anymore, thanks to Your life.

**LALA M ,
Rustenburg**



CARDIO VASCULAR

BLOOD PURIFIER DETOXIFY THE KIDNEY'S & BLOODSTREAM



This product is designed for treatment of Long Covid and reactions to the vaccine. The **Your Life Blood Purifier** will help to reduce the symptoms and reduce the effects of Long Covid. Also it will help for people having side effects from the vaccine. It removes toxins from the blood and improves kidney function. It reduces blood clotting and improves blood flow. The ingredients in **Blood Purifier** are known to improve kidney function, removing impurities from & thinning the blood, preventing blood clots.

KEY INGREDIENTS:

- **Black Currant** improves blood flow and fights viruses. Black currant is high in anthocyanins which are potent anti-oxidants helping your body fight infection and viruses. Also reduces cell damage in the body. It improves circulation and kidney health. Contains gamma-linoleic acid and alpha-linoleic acid which reduces inflammation. Reduces cholesterol and blood sugar.
- **Dong Quai** helps with Anemia and has anti-coagulant properties, reducing blood clots. Dong Quai contributes to heart health, increases blood flow and reduces blood pressure. It reduces cholesterol and helps to prevent hardening of the arteries. Strengthens the heart muscle.
- **Cranberry Extract** is high in proanthocyanins which are excellent for kidney health. Cranberries reduce bad cholesterol and increase good cholesterol. They reduce inflammation of the heart muscle. Helps to control sugar levels and improves immunity. Cranberries thin the blood and prevent blood clotting.

Note: if taking Warfarin use this product under doctor's supervision.



RECOMMENDED USE:

Take 1- 2 capsules 3 times per day with meals depending on severity of symptoms. For best results use in conjunction with the Virus Buster Pack or the Virus Shot.

CONTENTS:

90 Capsules

NEWSFLASH

The wonderful benefits of Dong Quai Blood Tonic

Dong Quai helps generate more blood cells in the body, thus, acting as a blood tonic. A rich source of folic acid, biotin, vitamin B12, and nicotinic acid, makes it a key ingredient in the majority of blood-boosting formulas. It acts as a blood purifier and thinner, which helps prevent blood clots.

Antioxidant Capacity

Dong Quai is full of powerful nutritional compounds that have a wide range of effects on our body, including eliminating free radicals before they can damage our organs and cause chronic diseases. This means that it has the potential to reduce our chances of everything from heart disease to cancer due to these important antioxidant compounds.

Improves Heart Health

Dong Quai can help with heart health in a number of ways. Firstly, it has been directly connected with lowered blood pressure in research studies, and it can also treat abnormal heart rhythms due to its antispasmodic capabilities. It reduces excess platelet build-up in the arteries and blood vessels, which is one of the main causes of strokes and heart attacks.

Improves Blood Circulation

The significant levels of iron found in dong Quai mean that it can significantly boost circulation throughout the body. By increasing circulation throughout the body, you can boost energy levels and promote healing as the bloodstream becomes oxygenated and energized with nutrients.

Prevents Anemia

Iron is a key component of red blood cells, and without it, people often suffer from anemia, characterized by headaches, muscle weakness, unexplained fatigue, and cognitive disorders. Dong Quai is a powerful natural remedy for anemia.

CARDIO VASCULAR

GREEN COFFEE BEAN GOOD FOR THE HEART



Green Coffee Bean Benefits:

- Increases metabolic rate and lowers and regulates blood sugar levels
- Prevents sugar cravings
- Prevents the body absorbing fats in our foods
- Potent antioxidant helping the body break down cellulite and stubborn fat
- Reduces blood fat levels reducing cholesterol
- Reduces and regulates blood pressure
- Good for liver and brain health

KEY INGREDIENTS:

- **Green Coffee Bean 95% Extract** boasts high levels of chlorogenic acid, a polyphenol antioxidant that fat loss by reducing the absorption of fat and glucose in the intestine and thereby lowering insulin levels to improve metabolic function. It also contains naturally occurring caffeine which stimulates the metabolism.
- **Green Tea 95% Extract** also contains polyphenol antioxidants making it great for heart, liver and kidney health. It contains catechins which have been found to lower cholesterol and help control blood sugar levels.
- Both Green Coffee Bean and Green Tea Extracts help with fatty liver disease.

CAUTION: This product contains naturally occurring caffeine. Use with care if you have a caffeine sensitivity.

Recommended Use

1 capsule in morning and evening with meals

Contents: 90 Capsules



CARDIO CARE PACK

The Cardio Care Pack will:

- Lower cholesterol
- Lower blood pressure levels
- Reduce blood sugar levels

Pack comprises:

V,M,H (90 Capsules)
Ginkgo (90 Capsules)
Green Coffee Bean (90 Capsules)

Recommended Use:

- 1 Capsule of V,M,H, Ginkgo & Green Coffee Bean 3 times a day with meals
- Drink 8 glasses of water a day
- Regularly check your blood pressure, cholesterol & blood sugar levels.



NEWSFLASH

Clinical trials have shown that Green Coffee Bean Extract lowers cholesterol and blood pressure levels and reduces blood sugar levels.

HEALTH TONIC AND BRAIN FOOD

SCHIZANDRA ROYALE



Schizandra Royale is the ultimate “Super Tonic”. It decreases fatigue, improves endurance, improves brain activity and counters stress.

Schizandra Royale helps to balance the chemicals in the brain helping people who suffer with Alzheimers, Epilepsy, Anxiety Disorders, ADD/ADHD and Hyperactivity.

Schizandra Royale has a calming effect on the nervous system, especially in times of stress, and at the same time gives us energy.

KEY INGREDIENTS:

- **Schizandra Berry** is an adaptogen. It oxygenates the blood and helps to remove toxins from the blood stream. It also detoxifies the liver. Schizandra Berry counters stress by reducing the levels of stress hormones in the blood.
- **Royal Jelly** is the ultimate brain food. It contains all 22 amino acids and enzymes which stimulate brain activity. It helps to balance chemical imbalances in the brain helping people who suffer with alzheimers, epilepsy and ADD. It is an immune booster and has antibiotic properties. Royal Jelly helps with osteoporosis by improving calcium absorption.
- **Siberian Ginseng** is also an adaptogen. It helps our body cope with stress, improves the immune system and gives us tremendous energy.
- **Valerian Root** eases stress and has a calming effect on the nervous system.
- **Suma Root** contains vitamins, minerals, electrolytes to help with energy and 19 amino acids for muscle development.
- **St. Johns Wort** is known to support normal serotonin levels and has shown to have a positive influence on mood. The active ingredient in St. Johns Wort, Hypericin, is thought to work as a natural serotonin reuptake inhibitor in the brain helping to support normal serotonin levels.

RECOMMENDED USE:

1 – 2 Capsules in the morning

CONTENTS: 60 Capsules



Schizandra Royale is brilliant for asthma as it oxygenates the blood and calms the nervous system.

NEWSFLASH

What is Royal Jelly?

Royal jelly is a nutritious substance produced by young nurse bees and contains significant amounts of proteins that are important for cell growth and reproduction. The queen bee gets fed royal jelly and eats it for her entire life. And all those nutrients are what make her the biggest bee on the hive living longer than the other bees.

• Royal jelly will make you smarter

Royal jelly is a brain food due to its ability to improve cognitive functions.

• Royal jelly helps you concentrate

• Royal jelly gives you energy

• Royal jelly is an immune booster

• Royal jelly slows down the aging process

Royal Jelly is rich in amino acids (29 to be exact), 10-hydroxydecenoic acid (10-HDA), lipids, sugars, vitamins, and proteins. It contains vitamins A, B complex (including folic acid and inositol), C, D and E, and also has ample levels of iron and calcium, as well as other minerals. Royal Jelly also contains acetylcholine, which is needed to transmit nerve messages from cell to cell.

These are the many health benefits from royal jelly:

Immune system support, Antibiotic effects, Kidney, pancreatic and liver disease, Healthy skin, Energy and vitality, Healing wounds, Fighting cancer, Fertility, Hormone support, Digestive support, Bone support & Diabetic support.

HEALTH TONIC AND BRAIN FOOD



SCHIZANDRA JUNIOR



Recommended Use:

- **Children 2 to 4 years** – half a capsule in morning
- **Children 4 to 8 years** – One capsule in morning
- **Children 8 to 12 years** – one to two capsules in morning

CONTENTS: 30 Capsules (Double Strength)

AMAZING, LIFE CHANGING RESULTS WITH CHILDREN WITH ADHD AND ADD

Schizandra Junior is the same formulation as Schizandra Royale at one third of the strength. Schizandra Junior is the Ultimate "Super Tonic". **It decreases fatigue, improves endurance, improves brain activity, improves concentration and counters stress. It has a calming affect and reduces anxiety levels.** Schizandra Junior helps to balance the chemicals in the brain helping children who suffer with poor concentration, listlessness, lack of appetite, ADD/ADHD and hyperactivity.

Schizandra Junior has a calming effect on the body, especially in times of stress, and at the same times gives us energy. Schizandra Junior has helped children with epilepsy reducing the number and severity of fits. We have also experienced fantastic results with asthmatic children. The tablets are uncoated to enable easy crushing for children who struggle to swallow tablets. Crush the tablets and mix with cereal in the morning, or with yogurt.

Key Ingredients:

- **Schizandra Berry** is an adaptogen. It oxygenates the blood and helps to remove toxins from the blood stream. It also detoxifies the liver. Schizandra Berry counters stress by reducing the levels of stress hormones in the blood.
- **Royal Jelly** is the ultimate brain food. It contains all 22 amino acids and enzymes which stimulate brain activity. It helps to balance chemicals in the brain helping people who suffer with Alzheimer's, epilepsy and ADD. It is an immune booster and has antibiotic properties.
- **Siberian Ginseng** is also an adaptogen. It helps our body cope with stress and improves the immune system.
- **Valerian Root** eases stress and has a calming effect on the nervous system.
- **Suma root** contains vitamins, minerals, electrolytes to help with energy and 19 amino acids for muscle development.

“ TELL A TESTIMONY ”

This is Soni, 9 years old, from Eastern Cape. He was extremely hyperactive. He never sat down, he would eat or drink everything in sight, even cleaning liquids. They had to lock him in the yard because he would run away. After a few days on Schizandra Royale (1 per day) he is calm, sitting quietly, his mother said it is **AMAZING** the change in him. Thank you **YOUR LIFE**



“ TELL A TESTIMONY ”

My son Samuel was diagnosed with Sensory Integration Disorder at the age of three. He has battled with concentration, anxiety and tactile defensiveness his whole life (he is now 11). We put Samuel on Schizandra Junior three months ago and I cannot believe the change in our child! He is performing well at school, 75% average! He no longer has 'meltdowns' in the afternoons when he gets home from school and when he is tired and stressed. Even the tactile issues have improved. I can really recommend this amazing product to any parent who has a child who suffers with concentration problems and has anxiety issues.



WEIGHT LOSS

CHROMIUM NICOTINATE PLAYS A VITAL ROLE IN COMBATING DIABETES



Many people lack the trace element chromium in their diets. Chromium plays a vital role in the metabolism of carbohydrates and controlling blood sugar levels. It stabilises blood sugar levels, Takes away cravings and gives one increased energy and stamina when exercising. Chromium helps the body metabolise sugar faster getting it out of the blood stream into the muscles giving more energy and prevents the storing of fat building carbohydrates. Chromium helps sportsmen and women burn body fat and prevents muscle loss.

NEWSFLASH

Health Benefits of Chromium nicotinate

Chromium nicotinate offers health benefits when taken as a nutritional supplement. Some of these health benefits include:

Helps Control Blood Sugar Levels

Chromium is an essential mineral that has a beneficial role in helping regulate insulin—a hormone that controls blood sugar and helps deliver glucose into cells where it is used for energy in the body.

People living with type 2 diabetes have lower levels of chromium in the body, which suggests that chromium supplementation may help balance blood sugar levels. One study found that when individuals living with newly onset type 2 diabetes were given a chromium supplement once a day over a period of one month, their insulin and cholesterol levels declined. Additionally, chromium supports healthy metabolism, as it helps absorb and distribute nutrients from the foods you eat.

For many who are prone to developing diabetes, chromium may be helpful in preventing the disease when combined with other intervention methods, such as regular exercise and eating a healthy diet.

RECOMMENDED USE:

1-2 Capsules per day
(depending on body weight)

-Below 85kg take 1 Capsule
per day

-Over 85kg take 2 Capsules
per day

CONTENTS:

90 Capsules & 30 Capsules



Balance Cholesterol

In addition to balancing blood sugar levels, chromium is also used to metabolize fat and balance cholesterol. In fact, it is required for the metabolism of fats (including cholesterol).

Research shows that daily chromium supplementation helps lower LDL levels (aka “bad” cholesterol) and helps raise HDL levels (aka “good” cholesterol).

Another study showed that people who were taking beta blockers for cardiac health had higher levels of HDL cholesterol levels when supplementing with chromium. Higher chromium levels in the body are associated with not only healthier levels of cholesterol but healthier arteries, too. Some studies suggest that people who have heart attacks have lower levels of chromium in their system.

Weight Loss

Many people swear by chromium supplementation to help lose weight.

A study out of Louisiana State University found that chromium supplements effectively helped modulate food intake in overweight women who were otherwise healthy. The 42 women in the study who took 1,000 milligrams of chromium nicotinate each day experienced reduced cravings (particularly for carbohydrates and fatty foods) and experienced a decrease in body weight.

“TELL A TESTIMONY”

“I have been a type 2 Diabetic for many years. I started taking the **Your Life Chromium** nine months ago, not only has it stabilized my blood sugar levels (the clinic was amazed at the change in the blood sugar level) I have more energy and I have lost weight without even dieting!”

Stephen Duff, Cape Town



WEIGHT LOSS

GREEN COFFEE BEAN THE ULTIMATE BREAKTHROUGH IN WEIGHT LOSS



Lose weight with our unique, brand new herbal formula. The most potent Green Coffee Bean extract and Green Tea extract on the market.

- Reduces the absorption of fat and sugar in the gut
- Speeds up metabolism
- Breaks down body fat and cellulite
- Stops sugar cravings
- Potent antioxidant breaks down cellulite and fat cells
- Lose 10% of your body fat over 6 weeks without changing your diet.
- Prevents sugar and fat from being absorbed in the blood stream

Key Ingredients

Green Coffee Bean 95% Extract potent anti-oxidant, helps break down cellulite and stubborn fat

Green Tea 95% Extract increases metabolic rate, increases energy levels

Chromium stabilises blood sugar levels, reduces sugar cravings and helps burn body fat.

Recommended Use

1-2 Capsule 3 times per day with meals.

Contents: 90 Capsules

“ TELL A TESTIMONY “

Tina Goosen has lost 8kg in 4 months on the Weight Loss pack. It was easy to lose and easy to keep off with the Green Coffee Bean. The Green Coffee Bean also gives her lots of energy and takes away the food cravings.

Tina Goosen, Pretoria



Before



After



WEIGHT LOSS PACK

Lose weight faster with our all natural Weight Loss Pack and Keep it off!

Lose up to 6kg in the first month when used with a calorie controlled diet (included in pack)

- Speeds up metabolism
- Breaks down body fat and cellulite
- Stops sugar cravings
- Provides correct nutrition without the calories.
- Reduces water retention

Pack comprises:

Vitamin, Mineral & Herb (90 Capsules)

Ginkgo (90 Capsules)

Green Coffee Bean (90 Capsules)

Recommended Use:

- 1 Capsule of Vitamin, Mineral & Herb, Ginkgo & Green Coffee Bean 3 times a day with meals
- Drink 8 glasses of water a day
- Follow a calorie restricted diet

NEWSFLASH

CARDIO CARE

Green Coffee Bean Benefits:

Clinical trials have shown that Green Coffee Bean Extract lowers cholesterol and blood pressure levels and reduces blood sugar levels.



WOMEN'S HEALTH

LADY EVE IS A LIFESAVER FOR MENOPAUSE

RECOMMENDED USE:

1 Capsule 3 times per day

CONTENTS: 90 Capsules



NEWSFLASH

THE AMAZING BENEFITS OF DONG QUAI

Menopause is a natural decline in the amount of hormones produced by the ovaries as women age. It is typical for women in their late 40s and early 50s to experience menopause.

Side effects of menopause can include hot flashes, night sweats, hair loss, changes in mood and an increased risk of osteoporosis.

For symptom relief, many women turn to hormone replacement therapy, a type of treatment that provides the same synthetic hormones found in birth control pills. However, these medications can come with their own set of side effects and risks.

Dong quai has a long history as a natural alternative to help alleviate symptoms of menopause.

According to one Italian study, dong quai could have an estrogenic effect and may be able to help regulate hormone levels and relieve your menopause symptoms without the use of synthetic chemicals.

Another study found that dong quai was able to reduce the frequency and intensity of hot flashes by up to 96 percent.

Reducing stress, getting more sleep and supplementing with other menopause natural remedies like black cohosh or chaste berry can also provide relief from menopause symptoms.

Lady Eve is targeted towards nutritional deficiencies in menopausal women. It contains 13 vitamins and minerals and amino acids including 3 enzymes found lacking in women going through the “change of life”.

Lady Eve eases and alleviates the symptoms of menopause such as depression, hot flashes, shortness of breath, dizziness, headaches and heart palpitations.

The herbs in **Lady Eve** balance and regulate oestrogen production. **Lady Eve** is a natural alternative to Hormone Replacement Treatment.

KEY INGREDIENTS:



- **Cranberry extract** is a source of Polyphenols which balance hormones.
- **Vitamins & minerals & amino acids** supplement nutrients lacking in the body as a result of menopause.
- **Black Cohosh** is a traditional North American Indian plant remedy for menopause and PMS.
- **Dong Quai** is well known and effective Chinese remedy for menopause and balancing oestrogen levels.
- **Chaste Berry** works on the pituitary gland influencing the hormone levels particularly oestrogen.

“ TELL A TESTIMONY ”

“I started using the **Lady Eve** after my success with **Hair, Skin & Nail**. I was suffering from the effects of menopause, I used to get terrible hot flashes, since taking **Lady Eve** the hot flashes are a story of the past. I don't experience them at all! Thank you Your Life for the life changing products!!

Maida Chabula – Zambia



WOMEN'S HEALTH

YOUNG EVE A BREAKTHROUGH PRODUCT FOR PMS



Young Eve is specially formulated to deal with the causes and symptoms of premenstrual syndrome (PMS) resulting from nutritional deficiencies. It contains a combination of essential vitamins and minerals found to be lacking in women who suffer with PMS. **Young Eve** also contains the Chinese herb Dong Quai which balances oestrogen levels. Dong Quai has been used by the Chinese for centuries to treat the symptoms of PMS. **Young Eve** has been found to ease menstrual cramps, irritability, heavy periods. It also regulates the menstrual cycle. Note: This product should not be used during pregnancy and lactation.

NEWSFLASH

How Dong Quai alleviates Period Pain

A Chinese herb nicknamed “the female ginseng,” Dong Quai is an anti-spasmodic that relieves cramping and lower back pain. It also dilates blood vessels and helps replenish blood after your period has ended.

Dong quai helps to manage dysmenorrhea (period pain) by regulating uterine contractions. It displays the unique ability to first stimulate the uterus, then relax it. Some uterine contractions are necessary to effectively shed the mucous membrane, and stimulating uterine tissue may help strengthen it over time. But relaxation is also important for maintaining a healthy blood flow to the uterus.

Because dong quai regulates the uterus's muscular rhythms, it may improve the timing of the menstrual cycle. This explains why dong quai has been used for thousands of years to treat periods that come too frequently, as well as those that don't come frequently enough.

RECOMMENDED USE:

1-2 Capsules in the morning with meals.

CONTENTS: 60 Capsules



While there are several herbs that regulate uterine tone, dong quai is one the most potent.

The unique mix of volatile oils found in dong quai's roots block the action of epinephrine and histamine—compounds that regulate muscle contraction—causing the uterus to relax. Pain researchers have concluded dong quai's pain-relieving, anti-inflammatory, and antispasmodic activities can make it a powerful period cramp soother.

DONG QUAI & UTERINE FIBROIDS

Dong quai is used in the treatment of a variety of gynecologic complaints, particularly for menstrual irregularities and endometriosis.

Dong quai (*Angelica sinensis*) both stimulating and relaxing activity on uterine tissue. Its reported efficacy in the treatment of dysmenorrhea and endometriosis most likely lies in its effects as an anti-inflammatory, antispasmodic, and analgesic. It is also thought to improve blood flow generally, specifically in the pelvis; thus it is used to relieve pelvic congestion syndrome and associated pelvic pain and uterine fibroids, which some herbalists consider associated with pelvic congestion and poor uterine circulation.

“ TELL A TESTIMONY ”

“Nomvula used to suffer from severe period pains and cramps. After one month on Young Eve there are no more pains and cramps and is more regular with no heavy bleeding.”

Nomvula, Sebokeng



MEN'S HEALTH

ADAM #1 FOR A HEALTHY PROSTATE

The prostate gland is only found in men and surrounds the urethra. Most men suffer from an enlarged prostate at some stage of their lives. The symptoms of an enlarged prostate are difficulty and pain when urinating and frequent urination and /or cloudy urine. Most enlarged prostate cases are benign but can cause urinary tract infections known as prostatitis. One of the causes of an enlarged prostate is the environmental stress. Toxins, pollutants and testosterone build up in the gland causing it to enlarge. The ingredients of Adam#1 are a special combination of vitamins, minerals, essential fatty acids and amino acids that are known to condition and detoxify the prostate gland resulting in a reduction of swelling and normalization of the prostate. Two of the side effects of using **Adam#1** is an increase in libido and sperm production and a decrease in hair loss caused by hormonal imbalances.

KEY INGREDIENTS:

- **Saw Palmetto Berries** reduce testosterone levels, improve libido in men and increase sperm production.
 - **Pygeum Africanum** has been proven to reduce swelling of the prostate gland.
- "A clinical trial involving 47 patients with chronic prostatitis studied the effect of taking 100mg of pygeum daily for five to seven weeks. At the end of the trial, 89% of the emen reported a complete remission of symptoms. (Andro 1995)"
- **Urtica Dioca** is a herb that compliments and enhances the affects of Saw Palmetto reducing prostate inflammation.
 - **Pumpkin Seeds** are loaded with essential fatty acids that are vital to prostate health as they detoxify the prostate gland.

RECOMMENDED USE:

1-2 Capsules in the morning with meals.

CONTENTS: 60 Capsules



ADAM #2 PERFORMANCE & STAMINA

Adam #2 is a formulation of herbs and honey extracts to increase stamina and performance in men.

KEY INGREDIENTS:

- **Siberian Ginseng** improves strength, stamina and give you energy.
- **Damiana leaf** is a mood enhancer.
- **Dong quai** stimulates the sex glands.
- **Bee pollen** enhances physical performance in men.
- **Bee propolis** improves sperm production.
- **Royal jelly** contains all the B-complex vitamins and amino acids.
- **Cayenne pepper** gets you hot!

For best results use in conjunction with Adam#1

Recommended Use:

One capsule in the evening or when you feel like it.

CONTENTS: 60 Capsules

“ TELL A TESTIMONY ”

"My name is Abram Sebakamotse from Sebokeng. Several years ago I developed a severe pain in my prostate gland that I could barely walk, I could not even go to the toilet. My testicles swelled up and was extremely painful, I was drinking pain killers day and night. I stated using **Adam #1, Gingko Biloba and VMH** and after 1 month the pain and swelling started to subside. I continue to use the Your Life products and have not had problems since."

Abram Sebakamotse,
Sebokeng



SPECIFIC NEEDS

EYE FORMULA With Bilberry & Marigold Extract



Eye Formula is a unique formulation of herbs and special nutrients targeted at eye health. Eye Formula can improve the vision of people suffering from Age Related Macular Degeneration (ARMD), Retinitis and Glaucoma. ARMD is the leading cause of blindness of people over 55 years of age. The nutrients in Eye Formula are essential for healthy eyes and good eyesight.

Dr Dirk Booysen, a leading clinical optometrist developed the **YOUR LIFE EYE FORMULA** as targeted nutrition for the eyes, to assist patients suffering from ARMD, Retinitis and Glaucoma.

KEY INGREDIENTS:

Amino Acids improve vision and serve as targeted nutrition to treat ARMD, Retinitis and Glaucoma.

Bilberry Extract is known to stop the progression of cataracts.

Gingko Biloba improves blood circulation in the eye.

Zeaxanthin and Lutein which is found in Marigold Extract are two nutrients essential for eye health, studies have shown that the intake of these nutrients assists with ARMD and other eye conditions.

NEWSFLASH

THE MIRACLE OF MARIGOLD

Many people suffer declining eyesight as they get older, but is there something we can eat to improve it?

My eyesight has never been good. I've worn glasses most of my life and as I get older that's a situation that I've only expected to get worse.

I headed off to meet Prof John Barbur of City University in London to have my eyesight thoroughly tested. The results of my tests were both fascinating and depressing.

RECOMMENDED USE:

1 Capsule per day

CONTENTS: 30 OR 90 Capsules
(DOUBLE STRENGTH)



My detection of yellow and blue colours was extremely poor. My night vision and perception of details were also poor compared with younger people - but consistent with my age.

These were extracted from marigolds which contain two of the key chemicals - lutein and zeaxanthin. Twelve weeks later, I returned to City University to see whether my daily pill-popping had made any difference to my eyesight. The results surprised even Prof Barbur. There were significant improvements in several different aspects - my blue and yellow colour perception was back to normal and my night vision was much better. The levels of my protective macular pigments were also boosted.

The results were less of a surprise to Prof John Nolan, who I went to meet in Waterford, in south-east Ireland. His team has been studying macular pigments for many years, and recently completed a year-long trial with over 100 participants in which they had seen similar results to mine.

They found that boosting the diet with the two macular pigments – **lutein and zeaxanthin** - led to significant improvements in the protection of the delicate macula, as well as improved eyesight.

“ TELL A TESTIMONY ”

“Charlotte Msiza from Springs had a growth in her eye called a Pinguecula caused by the sun. It caused her enormous discomfort in her eye. After taking the **Your Life Eye Formula** for just one month the growth had shrunk considerably.”

Charlotte Msiza, Springs

Before



After



SPECIFIC NEEDS

GLUCOSAMINE DOES WONDERS FOR ARTHRITIS



Glucosamine with Chondroitin is targeted nutrition to help the causes and symptoms of arthritis. Glucosamine and Chondroitin Sulphate are building blocks of collagen, connective tissue and cartilage. Use of this product eases joint swelling and stiffness and improve joint and muscle mobility and flexibility.

KEY INGREDIENTS:

Glucosamine and Chondroitin Sulphate are the major components of joint cartilage.

White willow bark is a herb and a natural pain reliever.

L-Glutamine prevents muscle and protein breakdown in the body.

Betasisotsterol helps to balance the body's hormones.

Boron is an essential mineral to prevent osteoporosis.

Cobalmine and manganese sulphate are trace minerals found to be lacking in people with arthritis.

“ TELL A TESTIMONY “

“It is my pleasure to tell you about **Your Life's Glucosamine with Chondroitin**. From 2002 I would go to my doctor for my twice monthly routine injection for Arthritis. The Arthritis was so bad that I had to take a very strong medicine that made my body swell up to three times its normal size. I started immediately and used double the dosage for a month because of the pain. The next month the doctor phoned me to ask me why I had not come in for my twice monthly injection. I told him that I was using **Your Life's Glucosamine with Chondroitin** and that I was pain free !!

I have not had another injection for arthritis in over 15 years. I wish that other people who suffer with arthritis knew about it.”

Aina Simson



RECOMMENDED USE:

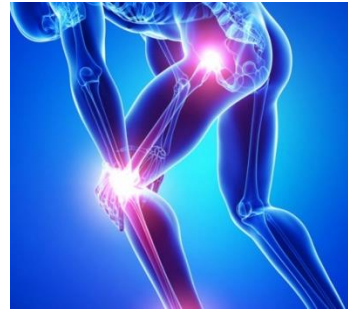
1-2 Capsules 3 times per day

For best results use

Arthritis Pack

(Ginkgo, Happy Bones & Glucosamine)

CONTENTS: 90 Capsules



NEWSFLASH

What is Glucosamine and Chondroitin Sulphate?

Glucosamine sulphate and chondroitin sulphate are naturally occurring substances found in the connective tissues of the body, including the cartilage that covers the ends of bones in the joints.

Glucosamine sulphate functions are the primary building block for proteoglycans, large molecules in cartilage that give it viscoelastic (buffering) properties. When taken orally, glucosamine sulphate is absorbed readily into the system and can be traced to cartilage as soon as four hours after consumption.

Similar to non-steroidal anti-inflammatory drugs, glucosamine sulphate has been shown to have unique anti-inflammatory effects. Additionally, in some laboratory tests, the glucosamine supplement demonstrated a protective effect on the cartilage as well. These studies suggest that glucosamine sulphate may inhibit the breakdown of cartilage associated with osteoarthritis and may have the potential to help build-up cartilage.

Chondroitin sulphate is a larger molecule also found in cartilage. Chondroitin sulphate has been studied much less extensively, but early results show that it also seems to work as an anti-inflammatory and reduces pain. Some laboratory studies suggest that chondroitin sulphate may slow cartilage breakdown associated with osteoarthritis and even stimulate cartilage growth.

SPECIFIC NEEDS

HAPPY BONES FOR THE PREVENTION AND TREATMENT OF OSTEOPOROSIS



Happy Bones is a specific formula targeted at maintaining a healthy bone structure. It has all the necessary nutrients for the proper absorption of calcium into the bones. It is essential for women to supplement with Calcium at various stages of their lives. The onset of this can be remedied by supplements. Your Life's Happy Bones is the most comprehensive calcium supplement to be found.

KEY INGREDIENTS:

- **Calcium 1,000mg + Vitamin D 200IU** – essential nutrients for healthy bones.
- **Magnesium 500mg** – essential nutrients for healthy bones.
- **Chondroitin Sulphate 50mg** – a substance produced naturally in the body and necessary for connective tissue elasticity.
- **Zinc, manganese, Boron, Copper, Vit K,B2,C** – vitamins and minerals essential for bone health.

DOSAGE SCHEDULE:

- **Pregnant / lactating women** - 2 Capsules in the morning / 1 midday / 2 in the evening
- **Pre-menopausal & menopausal women** – 1 capsule 3 times a day
- **Men** – 2 capsules in the morning

CONTENTS: 90 Capsules



ARTHRITIS PACK THE POWER PACK FOR ARTHRITIS & OSTEOPOROSIS



GLUCOSAMINE WITH CHONDROITIN

Glucosamine and Chondroitin Sulphate are building blocks of collagen, connective tissue, and cartilage.

- Eases joint swelling and stiffness
- Improve joint and muscle mobility and flexibility.
- Rebuild damaged cartilage over an extended period of time

Contents: 90 Capsules

HAPPY BONES

Happy Bones is a specific formula targeted at maintaining a healthy bone structure. It has all the necessary nutrients for the proper absorption of calcium into the bones.

Contents: 90 Capsules

GINGKO BILOBA

A herbal formula high in **Potassium** and **Magnesium**

- Prevents osteoporosis
- Necessary for the building up of bones and cartilage

Contents: 90 Capsules

RECOMMENDED USE:

One to two capsules of each three times per day



SPECIFIC NEEDS

MONKS – A HEALTHY ALTERNATIVE FOR VARICOSE VEINS & HAEMORRHOIDS



Monks #1 is a unique herbal formulation that eases varicose veins and haemorrhoids by reducing vein inflammation, conditioning and strengthening the veins and improving circulation. It contains the following herbs: Butcher's Broom conditions veins and eases Carpel Tunnel Syndrome. Horse Chestnut reduces vein inflammation and strengthens veins. Bioflavonoid improves circulation. Gotu kola strengthens veins and capillaries. Bilberry extract improves circulation. It is a brilliant product for Diabetes. Diabetes weakens the veins especially in the lower leg.

KEY INGREDIENTS:



- **Burdock Root** helps induce lymphatic drainage and detoxification. As a natural blood cleanser, it has a wonderful effect on the lymphatic system.
- **Butcher's Broom** is a mild diuretic and reduces vein inflammation.
- **Horse Chestnut** strengthens veins reducing fluid leaks to surrounding tissue by reducing both the number and size of membranes pores in the veins.
- **Bayberry Bark** is used for treatment of varicose veins and haemorrhoids strengthens veins and capillaries. It is also used for ailments like psoriasis.

RECOMMENDED USE:

1 Capsule 3 times per day

CONTENTS: 90 Capsules



NEWSFLASH

STUDY DONE ON BUTCHERS BROOM

Butcher's broom is an evergreen shrub with a long history of use in Europe for promoting the circulatory system health. Among other benefits, butcher's broom helps tighten blood vessels and capillaries, which has generated interest for use against varicose veins. It has also been shown to relieve fluid retention and other symptoms of chronic intravenous insufficiency.

BUTCHER'S BROOM: VARICOSE VEINS & HAEMORRHOIDS

Varicose veins and haemorrhoids are common and associated with a loss of blood vessel integrity. Butcher's broom is believed to improve both conditions by promoting healthy microcirculation, capillary flow and strengthening connective tissue. In 2007, researchers in Mexico conducted an 8 week study in which 124 patients who complained of discomfort, leg heaviness and Edema (*Edema is swelling caused by excess fluid trapped in your body's tissues*) related to chronic intravenous insufficiency we put on a daily regimen of two capsules of butcher's broom. Within two weeks, reductions in complaints were observed. By the end of the study, no complaints remained.

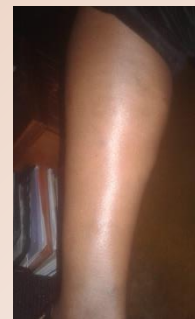
“ TELL A TESTIMONY ”

“My name is Tricia Sambo from Hazyveiw, I started using **Your Life Monks & Gingko** for the terrible varicose veins in my left leg in September 2018. By the end of the day, my leg would be swollen, throbbing and very painful with the veins popping out! I was supposed to have an operation on my lag to remove the veins but I was too afraid. After three months of using Gingko & Monks the results speak for themselves.”

Tricia Sambo, Hazyveiw

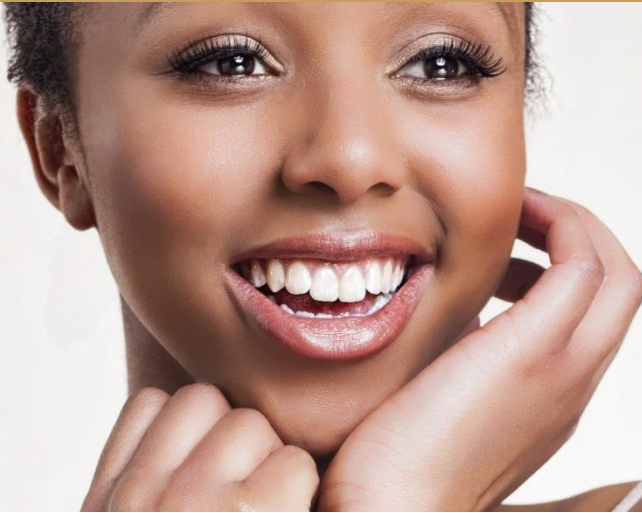
Before

After



SPECIFIC NEEDS

SKIN PROBLEMS, HAIR GROWTH & STRONG NAILS



Hair, Skin & Nail contain specially combined vitamins, minerals, enzymes, amino acids and herbs to provide the body with the essential nutrients it needs for thicker, stronger hair, healthy strong nails and glowing nourished skin. It helps with eczema, psoriasis, alopecia, soft and brittle nails, skin blemishes and problem skin.

KEY INGREDIENTS:

Echinacea heals skin wounds and fights bacteria.

Betasitosterol is a plant extract which helps to balance hormones.

Horsetail conditions hair, skin & nails. Eliminates white spots from nails and controls oily skin.

L-cysteine & L-methionine are essential amino acids known to clear up acne and ease skin problems.

Biotin is a coenzyme and B vitamin essential for healthy skin, strong and thick hair and nails.



THE MANY BENEFITS OF HORSETAIL

Supports Hair, Skin, and Nail Health

Horsetail has also been used traditionally for hair, skin, and nail health. It's thought that the high silica content of horsetail is the reason why it works. Silica helps boost collagen production which is important for healthy hair, skin, and nail.

RECOMMENDED USE:

2 Capsules per day in the evening with meals.

CONTENTS:

60 Capsules



NEWSFLASH

Science backs this up too. A 2016 study found that hair with high amounts of silica was less likely to fall out and was also more lustrous than hair with lower levels of silica.

Horsetail can even help regrow hair after hair loss. According to this 2012 study, significant hair growth occurred after 90 and 180 days of supplementing with horsetail herb.

One study published in the *Journal of Plastic Dermatology* found that using horsetail on nails reduced splitting and fragility of nails as well as reduced longitudinal grooves.

Promotes Bone Health

The high level of silica in horsetail is one of its main health benefits. Silica is important for bone and teeth health among other things. In a 1999 study, post-menopausal women with osteoporosis regained significant bone density after 1 year of supplementation of horsetail.

“ TELL A TESTIMONY ”

“Alzira was troubled by adult acne for many years. She tried many products over the years, but nothing worked. She started with the YOUR LIFE Hair, Skin & Nail in September 2018 and within 3 weeks there was a marked improvement in her complexion.”

Alzira, Mthubtuba

Before



After

