

# Community Health Stores



Sharing a commitment to healthy communities

AUGUST 2024

BePURE™

## BePure exists to Restore your Essential Energy.

What is essential energy, you ask? It's the baseline of vitality, spirit and drive – utterly unique to each of us – that sustains our daily lives. It's a full life to be lived, and the energy to live it well.

We discovered our reason-for-being in clinical practice 20 years ago, growing to become leading holistic health and wellness experts in New Zealand and uncovering an unstoppable drive to change the health game.

The union of clinical expertise and scientific research is where we thrive. Science underpins every measure we take to help revitalise your body's baseline wellness, giving you the essential energy you need to feel at your best.

We rigorously consider the ins and outs of everything we create, meeting wellness needs at a personal level, to powerfully restore essential energy with everything considered.

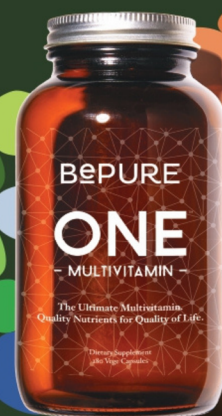
**Best in class is our baseline.**



## The Ultimate Multivitamin.

Every capsule packs a punch.

Always read the label and use as directed. Supplementary to a balanced diet. BePure Health Limited Auckland. TAPS PP2583.



5 antioxidants

14 essential vitamins

14 organic greens blended

7 essential minerals

47 ingredients at dosages to make a difference you can actually feel

**Community Health Stores** are New Zealand's best and only local independent natural health stores. We are committed to supporting healthy communities by offering everyone the very best natural healthcare and advice in New Zealand.

Winter Wellness  
**WITH SOLGAR**

Since 1947

Always read the label and use only as directed. If symptoms persist please see your healthcare professional. Solgar NZ LTD, Auckland. TAPS PP2833

**QUERCETIN COMPLEX W ESTER C**  
A powerful antioxidant supporting a healthy immune response.

**VITAMIN D3 1000 IU**  
The sunshine vitamin that supports overall immune health and good bone health.

**ASHWAGANDHA ROOT EXTRACT**  
Described as "Indian Ginseng", it is a stress supporting herb, helping the body to manage and adapt to stress.

# VITAMIN D

## HELPING WITH THE SUNNIER SIDE OF LIFE

What is the big deal with Vitamin D?

Surely, if we spend time in the sun, we will get all we need. It is true that vitamin D is known as the sunshine vitamin because our body can manufacture it when our skin is exposed to sunlight, and on the plus side, it may help with 'a sunnier mood'. But circumstances need to be right for our bodies to manufacture this vital nutrient. Forget sitting in the car on a sunny day, or in front of a window hoping to top up your vitamin D levels. We need direct ultraviolet B (UVB) from the sun rays to target the cholesterol in skin cells to trigger the start of vitamin D synthesis.

Vitamin D also is absorbed in the intestine from some high fat foods such as butter, oily fish and eggs, so a healthy digestive system is vital. Vitamin D deficiency can be silent, with symptoms often going unrecognized.

Individuals who feel exhausted, experience muscle stiffness or weakness, mood changes, thinning hair or are prone to nasty bugs, may benefit from a blood test to check their D levels. Many experts recommend a level between 30 and 50 ng/ml. If the test results are lower, then additional vitamin D rich foods and supplementation is suggested.

At all stages of our life vitamin D is needed, critical for strong healthy bones due to the connection with calcium and phosphorus absorption. Both minerals are essential for building and maintaining bone and teeth health. While health researchers have linked it with having a positive effect on our immune health..

The New Zealand sun is incredibly harsh, and with our high skin cancer rates, many of us are sun-shy or shield ourselves with sun lotion, sun protective clothing to avoid sunburn.

There are several groups of people who are more prone to low vitamin D levels:  
those individuals that don't absorb fat well, those with a darker skin pigment, people who have had a gastric bypass, children who don't play outside, as well as those who actively avoid sun exposure due to a high risk of skin cancer.

As we age, our ability to synthesize vitamin D also decreases, so often the elderly is one of the most common groups of people with inadequate levels. Hence it is more common that this group have symptoms such as low bone density, increased risk of bone fractures, poor immune health and low mood, muscle stiffness or weakness, especially in the winter months.

It is easy to supplement with Solgar's range of vitamin D3. You can choose from a range of doses, softgel or chewable options.  
Pop into any Community Health Store for more information.

Save \$49

**Free**

**Ultra Rich Body Cream**

When you spend \$50 or more on Living Nature

**LIVING NATURE**  
Uniquely New Zealand

Get yours while stocks last. Not applicable to sale items and cannot be used in conjunction with any other promotion.