

## **HEALTH TIP #1**

### **Liver Plus C**

#### **HEALTH BENEFITS**

- Physical energy, endurance, anemia, jet-lag
- Great for workouts to prevent lactic acid buildup in the muscles
- It is an amazing product if you have really low iron, and anemic.
- Athletes use Liver Plus C before a marathon and take it throughout the course.
- This product can also be used if working shift, and having trouble keeping awake to help through a night shift or really early shift.
- If you have a sleepless night, great to use for extra energy!!
- This product is safer than coffee for a pick me up.
- highest quality desiccated liver available. Contains 100% pure south American beef liver with no growth hormones, antibiotics or pesticide residues
- Vitamin C and Citrus bioflavonoids protect liver from oxidation and enhance nutrient absorption
- Special protective coating protects nutrient value and minimizes unpleasant taste and odour
- Vacuum-dried and defatted to eliminate cholesterol and prevent rancidity

You can take 1 -4 at one time and take them throughout the day as needed.

Hope this great tip helps.