

HEALTH TIP #4 – VITA-GARD **By Maryellen Vandenbrink, RNCP**

You protect your children with seat belts and bike helmets. Don't forget to protect them from colds & the flu with Vita-Gard

BENEFITS:

- Powerful antioxidant that protects your children from colds & flu
- Fills fruit & vegetable gaps in children's diets
- Children have high demand for antioxidants because of high energy demands, immature immune systems are exposed to many viruses and bacteria from other children, they can be picky eaters, environmental pollutants

Pound for pound, children's requirements for certain antioxidant nutrients (for instance, vitamins C and E) are greater than those of adults.

WHY GNLD VITAGARD?

- Its exclusive blend of vitamins including the entire family of vitamin E, minerals, and phytonutrients (plant nutrients) was specially formulated by GNLD's Scientific Advisory Board to maximize cellular protection, and no other children's product provides as broad a range of water- and lipid-soluble antioxidants.
- Vita-Gard provides complete antioxidant protection for children from fruit and vegetable concentrates. Not just beta-carotene, but broad spectrum carotenoids and flavonoids. Vita-Gard is the only children's chewable to deliver betacarotene with the other carotenoid family members that exist in foods such as alpha-, gamma-, and zeta-carotene, lycopene, lutein, zeaxanthin, and beta-cryptoxanthin. It's an excellent source of vitamin A from the human food chain, and it offers broader protection of cell membranes
- **Whole-food ingredients.** You won't find ingredients as wholesome as those in Vita-Gard in any other children's supplement. Made from whole foods, flavored with natural fruit essences, and sweetened with fructose (from apples) and fruit juices, Vita-Gard contains ingredients you can feel good about! And it doesn't contain ingredients that cause concern — sugar and artificial colors, sweeteners, and flavors.

HOW TO TAKE:

Children under 6: chew 2 tablets daily

Children over 6 and adults: chew 3 tablets daily

Take with food

Children can take Vitagard as soon as they can safely chew a tablet or you can crush them in their food.

TIP: If you notice your child coming down with something you can double the vitagard up for a few days and it will help them fight off the virus faster

TESTIMONIES:

My name is Christine Maiorano and we live in Georgetown, Ontario. Our children are 8 and 11 years old.

We have been using the GNLD products for our children over the past 7 years with great success!! Some of the past issues that the GNLD supplements have helped us with are: constipation, asthma, yeast overgrowth, excitability and focusing problems, and seasonal allergies. GNLD has helped to get our children through every single one of these issues without the need for medication or lengthy school absences.

Now our immune systems are very strong and do not get sick as often or as severe as others. A great foundation for kids is the Vita Squares, Vita-Gard, Nourishake and All-C. I would not want to be without these products for our children.

It has been so rewarding to watch our babies grow and develop into beautiful, healthy kids with the help of GNLD's wonderful, safe nutritional supplements.

Thank you, GNLD, for these awesome products that have helped so many!

C. HILL, AJAX, ONTARIO

My son has 'condition induced asthma', meaning that when he gets a cold, it automatically goes to his lungs. By the age of 4, we had ended up at the hospital emergency a couple of times and every cold he got was very stressful. I gave him the steroid puffers a couple of times, but I soon knew that this was not the way I wanted to go. I managed to keep him off puffers with food elimination and Chiropractic care, however he still had dark circles under his eyes and he was still getting sick. The foods I eliminated were cow's milk (giving him both soy milk and rice milk alternately as a substitute) as well as peanuts and minimizing preservatives like msg. I met Nada when he was 4. I started him on Vitasquares, Vita-Gard, Nourishake and acidophilus. He is 5 now and he has been well for almost a year now. He has had a couple of mild colds that his body fought off without the cold going to his lungs! (which it 'always' would before). I have since added Vitamin 'C' for extra immune boosting. I am so happy with the results. My son's immune system is strong and he rarely gets sick. He hasn't has any breathing problems in almost a year! The other thing that I love is that when a cold is coming on, I have the tools to help his body fight! A big thank-you to Nada for all your help and thank-you to GNLD for making such awesome and powerful products!

M. Carmichael, Alliston, ON



*My son had been on antibiotics a couple of times when he was an infant for **ear infections**. I added the Vita-Gard into his supplement program and he has not had an ear infection since. It has now been almost 3 years. He does not seem to catch “whatever’s going around” either.*

At 3 years old his nursery school teacher told me she felt he was having trouble with aggression. Trying different approaches to help him deal with things better did not seem to make a difference. Remembering about the antibiotics from when he was younger, I decided to introduce the Acidophilus Plus on a daily basis. After approximately 2 – 3 weeks I received a phone call home from the teacher and she said she had been noticing a tremendous difference in him and felt he was a calmer child.
