

OPTIMUM

PRICE: **215,60** EUR

SHIPPING TIME: 24 GODZINY

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DESCRIPTION OF THE ITEM

A holistic approach to health

A holistic approach to people consists in searching for balance on many levels. Lifestyle aspects, health, diet, fitness, but also the mindset, art and nature combine and permeate all aspects of life.

At Nature's Sunshine, we also take a holistic approach to each and every person. Relationships with nature, water, clean air, a clear and calm mind and a pure spirit, when optimally integrated into our daily lives, are just as important to us as nutrition, herbs, physical activity and the support of loved ones. The Nature's Sunshine community consists of people for whom these values are often the essence, the true meaning of their lives, to the same extent as selflessly helping others.

Regain balance!

The guarana contained in Solstic gives you an additional dose of natural energy. **Solstic Energy from Nature** also features B vitamins that help fight fatigue. Gain the strength you need to face daily challenges.

Zinc ALT is the perfect combination of zinc, algae, lucerne and thyme. Zinc not only influences bone health, but also helps to maintain the body's acid-base balance. Thyme has a soothing effect on the throat and vocal cords.

Olive Leaf Extract is an excellent choice for reinforcing your immunity and digestive system. It supports the upper respiratory tract and has traditionally been used to improve circulation and blood pressure.

A bona fide antioxidant bomb can be found in **Zambroza**, in the skins of red grapes to be exact. Thanks to the sea-buckthorn in it, Zambroza strengthens the heart and improves immunity.

Aloe Vera Juice, the main ingredient in our Aloe Vera Juice, will help keep your digestive system in perfect equilibrium. It stimulates metabolism, supports digestion and helps you stay regular.

One capsule of **Super Omega 3 EPA** includes 380 mg of EPA acid and 190 mg of DHA, which are good for the heart and ensure correct brain functions.

Magnesium fulfils 64% of the daily required magnesium intake, which contributes to proper protein synthesis, supports normal psychological functions and helps maintain electrolytes in balance.

Included in the set:

Liquid Chlorophyll
Zinc ALT
Olive Leaf - Extract
Magnesium
Aloe juice
Solstic Energy from Nature
Super Omega 3 EPA
Zambroza

Recommended use:

Use all the products included in the set in accordance with the instructions on the labels.

PROMOTION!

When you purchase the Optimum set, you can take advantage of a 25% discount on Bifidophilus Bacteria or Vitamin C.

Dietary supplements are not a substitute for a varied diet. A balanced diet and a healthy lifestyle are the cornerstone of a healthy body.