My husband and I have been taking Res-V® Plus since the middle of June. I am an Immigration Adviser in my 60’s and I work all sorts of hours because a lot of my clients are in different time zones. Recently my doctor suggested I have a risk assessment. He says I am his healthiest patient. My energy levels were fairly low and now I have plenty of energy and I just feel happier. Thank you for Res-V® Plus. — Toni Alexander

I have been taking Res-V® Plus every day for over two years as I was delighted to find a natural product that incorporated turmeric, grape skin and resveratrol as I had heard about the benefits of these three ingredients in particular. Not only have I noticed an improvement in my overall general health, particularly joint mobility, but I feel that my skin also has been clearer and more youthful looking. I often recommended it others. — Denise Hall

I am a busy working Mum of 4 boys (triplets aged 12 and a 5 year old). I work in a senior corporate role, so day-to-day a LOT of energy goes out — my challenge is keeping a spring in my step toward the end of each day. After just 3 weeks on Res-V® Plus I find I have loads of energy, greater clarity of thought, and best of all I am sleeping more soundly than I have in a long time. I recommend Res-V® Plus to anybody who has an overfull life and wants to stay ahead of the game. — Wendy Alexander

I have been taking Res-V® Plus daily for the past year, and over the past nine months I have noticed significant improvements in my health. My joints feel freer, so I am more mobile, I have had five heart operations in the past and now my doctor is happy with my test results. I can honestly say I feel better than I did ten years ago. I am not a ‘health’ nut, I eat what I like and enjoy the odd glass of gin too. The only supplement I take is Res-V® Plus! — Frank Mitchell

I am an energetic 57 year old woman who for the majority of my life has been overweight. After three large events in my life in 2002 my weight dropped considerably. I took advantage of this and started eating more healthily, while still enjoying some “goodies.” As I work physically hard during the day and enjoy dancing at the weekends, I was looking for something to support my energy levels. When I heard Res-V® Plus being discussed on the radio, I thought, ‘This may be just what I need.’ My lifestyle and eating habits remained unchanged. The result: I feel perfectly healthy. My weight is stable. I feel that Res-V® Plus has my body running like a well-oiled machine. — Sue Huband

About two years ago I had some heart problems. I started taking Res-V® Plus about 18 months ago and at my checkup at the hospital yesterday they told me all my heart functions are perfectly normal. Thank you. — Bob Burgess

For specific advice on taking RES-V® ULTIMATE or RES-V® PLUS contact us directly at enquiries@abouthealth.co.nz or call our freephone 0800 999 309.
**NEW RES-V® ULTIMATE**

Res-V® Ultimate is About Health’s new, more concentrated resveratrol-based formula. While still providing all the ingredients in our original, best-selling Res-V® Plus, Res-V® Ultimate is an updated, more powerful and complete formula. Res-V® Ultimate includes more of the key ingredients found in Res-V® Plus, including resveratrol, turmeric (curcumin), grape seed extract and for the first time, grape seed extract.

Resveratrol is famous because of the “French Paradox” theory that asserts cardiovascular and other health benefits are derived from the consumption of moderate amounts of red wine, a popular past time in France. While resveratrol continues to be a star of natural product research internationally with more papers referencing it year on year, many scientists now believe that other natural substances from red wine are also likely to impart health benefits, either independently or in conjunction with resveratrol. These other natural substances can be found in the skin and seeds of red grapes.

Res-V® Ultimate builds on the success of our best-selling Res-V® Plus, but more closely aligns with recent research on the factors thought to be responsible for the health benefits associated with moderate red wine consumption.

The net result is a 500mg capsule giving you a super-powered increase (78%) in the amount of concentrated herbal extracts, when compared with our original Res-V® Plus. Res-V® Ultimate positively supports heart and cardiovascular wellbeing, healthy ageing, joint mobility, energy and digestion.

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**RES-V® PLUS — New Zealand’s original resveratrol formula**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Res-V® Plus</th>
<th>Res-V® Ultimate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Japanese Knotweed (from Polygonum cuspidatum Root)</td>
<td>(12000mg)</td>
<td>(36000mg)</td>
</tr>
<tr>
<td>Standard. Equiv. Tru-Res™ Trans-resveratrol</td>
<td>30mg</td>
<td>90mg</td>
</tr>
<tr>
<td>Turmeric (from Curcuma longa)</td>
<td>(5000mg)</td>
<td>(5000mg)</td>
</tr>
<tr>
<td>Standard. Equiv. Curcumins</td>
<td>47.5mg</td>
<td>50mg</td>
</tr>
<tr>
<td>Grape Seed Extract</td>
<td>—</td>
<td>(1000mg)</td>
</tr>
<tr>
<td>Standard. Equiv. Oligomeric Proanthocyanidins</td>
<td>—</td>
<td>50mg</td>
</tr>
<tr>
<td>Red Grape Skin (from Vitis vinifera)</td>
<td>(800mg)</td>
<td>(1400mg)</td>
</tr>
<tr>
<td>Standard. Equiv. Polyphenols</td>
<td>30mg</td>
<td>50mg</td>
</tr>
<tr>
<td>Pine bark (from Pinus massoniana)</td>
<td>(1000mg)</td>
<td>(1000mg)</td>
</tr>
<tr>
<td>Standard. Equiv. Polyphenols</td>
<td>30mg</td>
<td>30mg</td>
</tr>
<tr>
<td>Green Tea (from Camellia sinensis leaf)</td>
<td>(500mg)</td>
<td>(500mg)</td>
</tr>
<tr>
<td>Standard. Equiv. Polyphenols</td>
<td>40mg</td>
<td>40mg</td>
</tr>
</tbody>
</table>

**Directions for use:** Adults take from 1-3 capsules daily, with or without food, or as advised by your healthcare professional. For optimal results take twice per day at separate times. Avoid taking with high fat meals due to possible negative effect on bioavailability. Do not take if pregnant or breast feeding. Avoid if taking Warfarin (Coumadin®) or other powerful blood thinning medication (low dose aspirin OK), or two weeks before and after surgery. Do not discontinue prescription medication without consulting your doctor. Store in a cool, dry place.

**REFERENCES:**

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**RES-V® ingredients**

**RESVERATROL** — sourced from Japanese Knotweed (Polygonum cuspidatum), the richest natural source of trans-resveratrol. Resveratrol is a type of antioxidant known as a polyphenol, and is an extensively studied substance which research shows supports heart health, immune system cells, and acts as an antioxidant by protecting cells from free radical damage.

**GRAPE SEED EXTRACT** (NEW — only in Res-V® Ultimate) is a naturally occurring component of grapes, and an important contributor to the red wine story — the French paradox. Studies show Grape Seed extract to have greater antioxidant activity than Vitamins C, E and betacarotene, while also supporting peripheral circulation, cardiovascular and digestive tract health.

**RED GRAPE SKIN** is an effective antioxidant that works in synergy with the other herbal extracts. Red Grape Skin and Grape Seed extract together provide enhanced cardiovascular support.

**TURMERIC** contains curcumin, another antioxidant that protects the liver and supports liver functions (bile production), digestion and healthy ageing.

**GREEN TEA** has demonstrated benefits for supporting normal cholesterol metabolism, blood sugar and weight management, as well as being an antioxidant.

**PINE BARK** is an antioxidant that has been used in East Asian traditional medicine for centuries. Research indicates that Pine bark can support the circulatory system, and capillary health.

**TruRes®**

Res-V® Plus and Res-V® Ultimate are made using trans-resveratrol. Every batch is independently lab tested in New Zealand for resveratrol concentration and for heavy metal contamination, that’s why we call it TruRes®.

We use leading New Zealand laboratories for all our testing.

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**Orders:** 0800 999 309

www.abouthealth.co.nz
Lester’s Oil is a new generation omega-3, vitamin and antioxidant complex formulated to greatly simplify your daily wellness regime and address common problems and risks associated with the aging process.

Each capsule of Lester’s Oil provides twice the omega-3’s of standard fish oil supplements, with the added benefits of vitamin D, Co-Enzyme Q10, Lutein, Zeaxanthin, and Astaxanthin.

Lester’s Oil is effectively six supplements all rolled into one!

The ingredients in Lester’s Oil

**Omega-3’s /Fish Oil** — the benefits of omega-3 fatty acids, namely docosahexaenoic (DHA) and eicosapentaenoic (EPA) acids, include visual, nervous system and brain functions, mood balance, cardiovascular health and joint mobility. Taking two capsules of Lester’s Oil daily provides the same benefits of four ordinary fish oil capsules and approximately 1g of omega-3 fatty acids - the amount research suggests is sufficient to provide significant health benefits for humans.

**Vitamin D** — vitamin D3 is one of the key ingredients in Lester’s Oil. Vitamin D deficiency is associated with limited sun exposure, and recent campaigns encouraging people to avoid the sun may have exacerbated this. Vitamin D supports our natural immune system responses; heart, prostate, breast and colon health, blood sugar balance, and works with calcium to support bone health.

**Co-Enzyme Q10 (Co-Q10)** — is a vitamin-like substance and powerful antioxidant found primarily in the mitochondria of our cells. Mitochondria are known the cellular ‘power houses’, where energy is generated to enable cells to carry out their specific functions. Many people who use Co-Q10 report improved energy levels; especially people on statin medications (drugs to lower cholesterol), and certain blood pressure lowering drugs as one of the known side effects of these medications is a reduction in our bodies Co-Q10 levels. Our body’s ability to create enough Co-Q10 also decreases as we age.

**Zeaxanthin and Lutein** — these nutrients are both carotenoids; coloured pigments (usually red, orange or yellow) that are synthesised by plants and have powerful antioxidant properties. Zeaxanthin and lutein are also found in concentrated amounts in the retina of our eyes, and many studies have concluded that diets rich in these nutrients are associated with improved eye health - in particular the problems associated with aging.

**Astaxanthin** — this is another carotenoid with several unique health enhancing properties. Astaxanthin naturally supports our eyes, joint mobility, as well as cardiovascular and neurological health. The astaxanthin used in Lester’s oil is New Zealand based and originates in freshwater plants.

**Purified fish oil esters containing essential fatty acids DHA and EPA** 850mg

DHA (docosahexaenoic acid) >255mg

EPA (eicosapentaenoic acid) >170mg

**Total Omega-3 fatty acids** >500mg

**Coenzyme Q10** 50mg

**Natural Astaxanthin** 500mcg

**Natural Lutein** 3mg

**Natural Zeaxanthin** 0.82mg

**Vitamin D3** 500IU

**Natural mixed tocopherols Vitamin E** with ascorbyl palmitate 1mg

**Directions:** Adults take two soft gels daily, or as professionally advised.

**Contains:** 180 capsules per bottle.

**Precautions:** Do not take with strong blood thinning medication, unless under the close supervision of your doctor. Fine to use with low dose aspirin. Check with a health professional before taking if pregnant or breast feeding. Do not take if you have a known sensitivity to any of the ingredients. Always read the label and use as directed. If symptoms persist see you healthcare professional.

**Store below 25C°.**

The story behind Lester’s Oil

“My father Lester passed away in 2009 after a short illness. I wondered at the time if there was something I could have done to help make a difference, prior to his illness. With this in mind About Health began researching a multi-ingredient, multi-benefit product specifically formulated to help address the common problems and risks associated with the aging process. Lester’s Oil is the result of this work, and while there are no guarantees in life, I firmly believe that certain supplements can help our chances of a long and healthy life.”

Daniel King MSc, Founder of About Health.
Who should take MULTIVA®?
Almost everyone can benefit from taking a multivitamin and mineral formula. Along with eating from a wide range of food groups and taking regular exercise, incorporating a quality supplement into your daily health regime can provide you with nutrients that may otherwise be lacking.

MULTIVA® is a formulation made specifically for New Zealanders, with vitamins, minerals, nutrients and herbs, designed to address the unique health needs of Kiwi adults. If you are over 15 years old, male or female (not pregnant), young or mature and want to experience optimal wellbeing, MULTIVA® is made for you.

What will MULTIVA® do for my health?
Supplementing a healthy diet with MULTIVA® will support energy, immunity, metabolic function and optimal wellbeing.

What makes MULTIVA® special?
Unlike standard multivitamin supplements that are sold in New Zealand and Australia, MULTIVA® is formulated specifically for the needs of New Zealanders. Each MULTIVA® tablet contains a broad spectrum of vitamins, minerals and nutrients expertly combined to address any deficiencies caused by dietary choices and/or the absence of essential nutrients in New Zealand soils.

Can I take MULTIVA® with other medication and supplements?
Yes, but if you are unsure, please consult with your doctor who will advise you of anything you need to avoid.

I have a healthy diet. Do I still need to take MULTIVA®?
As we age, our ability to assimilate nutrients from our food can decrease. Factors such as exposure to heavy metals, food additives and regular intake of tea, coffee, alcohol, excess sugar and cigarettes can also adversely affect nutrient levels.

Is MULTIVA® right for you?
enquiries@abouthealth.co.nz

Cheques
About Health, P.O. Box 101339, North Shore, Auckland 0745.

Orders/delivery
distribution@abouthealth.co.nz

Call or visit website for alternative payment options

For specific advice on taking MULTIVA®, contact us directly at enquiries@abouthealth.co.nz or call our freephone 0800 999 309.
Biotin is needed for healthy digestion and energy production.

Inositol assists with the formation of healthy cell membranes as well as nerve transmission and memory.

Choline is needed for cell membrane integrity and assists brain health, memory, cognition and neurotransmitter function.

Vitamins A, C & E are antioxidant nutrients that protect our cells from free radical damage.

Bioflavonoids and vitamin C work together to support immunity, joint function and skin health.

Magnesium helps maintain a healthy nervous system, muscle activity, bone health and immunity. Magnesium may be indicated for moodiness, irritation, insomnia, tight muscles, cramps and eye twitches.

Calcium in addition to creating strong bones, calcium assists the correct functioning of our cells, plus muscle, heart, nerve, hormonal, metabolic and immune processes.

Boron works with calcium and magnesium to support healthy bones.

Zinc is a powerful antioxidant that assists with many biochemical reactions in the body, including supporting our sexual and immune health.

Copper is required for healthy red blood cells and wound healing.

Manganese supports antioxidant activity, digestion, blood sugar regulation and calcium absorption.

Ginseng & Withania are herbs that support nerve and adrenal health. Because stress, age and illness can impact on our energy levels or quality of sleep, herbs that support these areas can make a positive difference.

Ginkgo supports circulation, eye, heart, brain and sexual function.

**Active ingredients per tablet**

**VITAMINS**

- Vitamin A (from Vitamin A acetate): 2000 IU
- Vitamin B1 (from Thiamine nitrate): 35 mg
- Vitamin B2 (from Riboflavin): 35 mg
- Vitamin B3 (from Nicotinamide): 45 mg
- Vitamin B6 (from Pyridoxine hydrochloride): 30 mg
- Vitamin B12 (from Cyanocobalamin): 50 mcg
- Folic acid: 400 mcg
- Biotin: 50 mcg
- Choline bitartrate: 30 mg
- Inositol: 30 mg
- Vitamin C (from Ascorbic acid): 175 mg
- Vitamin E: 50 IU

**MINERALS**

- Calcium (from Calcium citrate): 10.5 mg
- Magnesium (from Magnesium phosphate): 10.3 mg
- Chromium (from Chromium polynicotinate): 200 mcg
- Copper (from Copper sulphate pentahydrate): 129.8 mcg
- Iodine (from Potassium iodide): 150 mcg
- Manganese (from Manganese sulphate monohydrate): 1 mg
- Selenium (from Selenium methionine): 75 mcg
- Zinc (from Zinc amino acid chelate): 5 mg

**SPECIAL NUTRIENTS**

- Boron (from Sodium borate): 1 mg
- Betaine hydrochloride: 13 mg
- Citrus bioflavonoids: 25 mg

**HERBAL EXTRACTS EQUIVALENT TO DRY**

- Ginkgo (from Ginkgo biloba) leaf: 250 mg
- Siberian Ginseng (from Eleutherococcus senticosus) root: 150 mg
- Withania (from Withania somnifera) root: 50 mg

**Directions:**

For general health adults take 1 tablet daily with a balanced meal or as directed by a healthcare professional.

**Low allergy formula:**

Contains tabletting aids. Does not contain wheat, egg, gluten, yeast, bee products or milk derivatives. May contain traces of nuts.

**Caution:**

Not suitable for pregnant or nursing women, children under 15 (unless professionally prescribed), or those allergic to soy, corn starch, or nuts, and those with a history of sensitivity to any of the ingredients. Maximum recommended daily intake of selenium from dietary supplements is 150 mcg.

**Medicine interactions:**

Chromium may positively alter blood sugar levels in diabetics. If on diabetic medication please monitor your sugar levels and discuss accordingly with your health professional.

**GMP Quality Assurance:**

Made to Good Manufacturing Practice standards.

**MULTIVA® perfectly complements About Health’s super-antioxidant supplements RES-V® PLUS and RES-V® ULTIMATE**

Orders: 0800 999 309

www.abouthealth.co.nz
**Why should I support my immune system?**

Thankfully, our bodies have an in-built army of cells, specially designed to protect us from illness. However, the nature of modern living sees our immune defences being challenged in unexpected and continually evolving ways for which we need to be prepared.

At times, our ever-vigilant immune system can become overwhelmed or weakened and we need additional support. This may be due to a chronic health condition or a stressful lifestyle caused by work, family or personal issues, or an inadequate dietary intake of essential nutrients. OLI-RESIST™ is formulated to support immune function when we are most at-risk.

**The herbs in OLI-RESIST™**

**Olive Leaf**
Known to be one of the oldest cultivated trees in the world, the Olive tree has a rich history of traditional usage by herbalists and healers. We are all familiar with the healthy and tasty oil made from the fruit of the olive tree; however it is the leaves that supply the immune-supporting compound, oleuropein.

**Echinacea**
A favourite of Native American healers, Echinacea has become a household name, due to the popularity of complementary medicines in assisting with many common health problems, without unwanted side-effects. Echinacea has been the subject of countless clinical studies, which support its efficacy and safety for use in strengthening the immune system and supporting the body’s response to respiratory tract problems. ¹

**Schisandra**
This traditional Chinese Herb is acknowledged as an effective adaptogen, or mediator, to help support the body’s defences against disease. Schisandra helps the body to cope with the added stressors during times when we may be susceptible to illness, while providing a sense of calm and rejuvenation. ²

**Directions:**
Suitable for children (aged 6 to 11 years old) and adults (12 years old and upwards).

**Low dose:**
To maintain daily wellness take 1–2 capsules with food, or as advised by your healthcare professional.

**High dose:**
To vigorously support your immune response during ills and ailments, children take 1 capsule 3 times daily and adults take 2 capsules 3 times daily with food, or as advised by your healthcare professional.

Not suitable for pregnant or nursing women or children under 6 (unless professionally prescribed). Do not discontinue prescription medication without consulting your doctor. Keep out of reach of children. Store below 25°C in a cool dry place away from direct sunlight.

References:
2. About Health® Supplements Limited
PO Box 101339, North Shore, Auckland 0745, NZ.