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Direct Health Nutrition



## NEW PRODUCTS

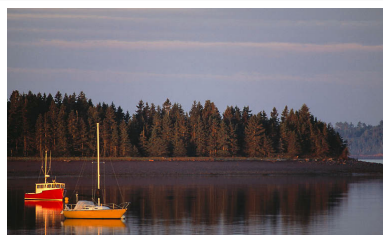
### ASHWAGANDHA

*Every  
patient carries  
her or his own  
doctor inside...*

-A Schweitzer

This Indian herb pronounced (Ash-wa-gone-dah) has had Scientists studying its effects on the body for years. Scientists are now reporting Ashwagandha counters some of the oxidative damage generated by nervous tension and stress.

In large clinical trials subjects who took Ashwagandha reported improvements in energy, sleep and well-being, as well as diminished fatigue.



*Peace and Tranquility  
with-in*

Scientific studies support Ashwagandha's ability not only to relieve stress, but also to protect brain cells against the effects of an over worked lifestyle. It is noted stress can cause a

break down of many cell functions of the body and promote age-related diseases.

Premature aging associated with chronic nervous tension is abolished by the potent properties of Ashwagandha Extract.

Researchers believe these findings supports the clinical use of Ashwagandha as an anti-stress agent.

**NOW AVAILABLE**

**Item # 8431**

**Price \$ 11.95**

### Liquid Vitamin D3

Scientists have validated the critical role that Vitamin D plays in regulating healthy cells, boosting the immune system and supporting healthy bone density. As a result of this startling evidence nutritional scientists are calling to increase our RDA from 400

IU per day to 1000 -4000 IU for adults. Elderly adults may benefit from higher intakes of Vitamin D from 2000-5000 IU per day.

Our Liquid Vitamin D3 contains 2000 IU per drop.

**Item # 8432**

**Price \$ 24.95**

