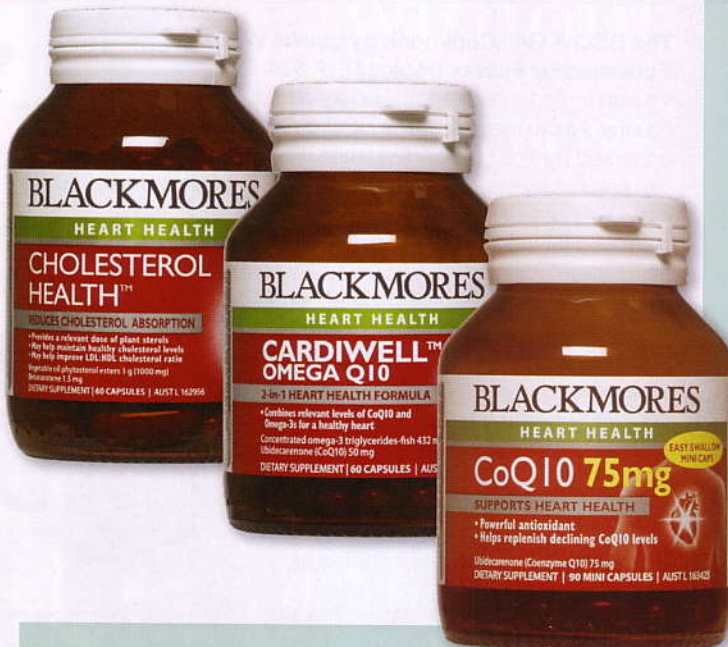


Health on the shelf



Nature's tonic

Olive Leaf Extract is a natural multi-use tonic suitable to help maintain health and wellbeing for the entire family. Its special antioxidant properties help maintain a healthy heart and cardiovascular system, act as a free radical scavenger, relieve fevers and improves quality of sleep and energy levels. Used as a natural tonic for more than 4,000 years, it is 400% more potent than vitamin C and is made from fresh picked olive leaves. It is available from most health food stores and pharmacies. RRP \$39.95.



Heart to Heart

If you're looking to maintain low cholesterol levels and a healthy cardiovascular system, Blackmores Heart Health Range is the answer, in conjunction with a nutritious diet and active lifestyle. There are three products in the range. Blackmores Cardiwell Omega Q10 is a convenient two-in-one formula that delivers heart healthy Omega-3 fatty acids. Blackmores' Cholesterol Health helps to reduce cholesterol and contains plant sterols and Blackmores CoQ10 is a powerful antioxidant that helps to replenish CoQ10 levels essential for a good functioning cardiovascular system. RRP ranges from \$23.95 to \$53.95.

Spice it up!

At Herbie's Spices, they've been having some fun doing a little project for the Australian Mushroom Growers' Association. They wanted a Brazilian Spice Mix that would enhance their product, so Herbie got to work, taking into account the Portuguese, Cajun and European colonial influences. The Brazilian chef working on the mushroom promotion was thrilled with the product, and you will be too. It's not only for mushrooms – try it on steak, or on grilled vegetables or add a tablespoon to a chicken casserole for tasty results. There are no boundaries to its use. Visit www.herbies.com.au RRP \$3.95 for a 40 gram pack.



The Perfect Christmas condiment

St Dalfour fruit spreads are ideal for those seeking a healthy alternative. Made with all natural fruit sugars such as grape juice which is a fructose, these spreads do not contain cane sugar, any colours or flavourings – it's just natural fruit making it ideal for those with diabetes. The Cranberry & Blueberry spread featured is a delicious fruit complement to cold cuts of meat or poultry, perfect for serving with Christmas turkey. And because it's full of antioxidants it's a delicious and healthy option for spreading on toast and scones. It can be purchased at all independent stores and IGA or call 1800 777 742 to order. RRP \$4.19.

