

Back-to-School Health

Harmony & Health

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Quality Products for Health

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Nutrition and Learning go hand-in-hand. Children who are well-nourished possess the mental stamina that is needed to learn and retain concepts.

Vitamin Supplements for each Age:

• Pre-School and Elementary

- Sunshine Heroes Multiple Vit & Mineral Soft Chews
- Sunshine Heroes Elderberry Immune Soft Chews
- Probiotic Power Chewable
- Sunshine Heroes Omega 3 w/DHA

• Middle School

- Super Supplemental or Solstic 24 (multi-vitamin)
- Skeletal Strength (calcium & minerals for growth)
- NutriCalm (to help handle stress) or Distress Remedy as needed.
- DHA capsules (essential fatty acids)
- Probiotic Eleven (good bacteria)

• High School and College

- Super Trio (includes a multi-vit, EFA and antioxidant)
- Solstic Energy (use instead of Red Bull or Mt. Dew)
- Focus Attention (daily or for tests)
- Love & Peas (nutritious protein drink)
- NutriCalm (as needed)

ADD/ADHD or Learning Difficulties: These additional products may be helpful:

- Focus Attention (to help attention span)
- Stress J (hyperactive)
- DHA (Essential Fatty Acids critical for brain)
- NutriCalm
- Protein 3x/day (Smart Meal is helpful here)

Athletes: Beside protein powders and core nutrition for their age, consider Solstic Revive.

Snacks: Protein drinks, nuts, seeds, fruit, veggies, bean burritos, yogurt, xylitol mints & gum.

Be prepared for flu and cold season, by keeping these immune system products on hand:

Preventive - Elderberry D3fense, Elderberry chewables, Solstic Immune, and more.

To help recover - Silver Shield, Echinacea/Goldenseal, Bifidophilus, Probiotic Eleven, or Probiotic Power Chewable. Solstic Revive can help prevent dehydration by replacing needed electrolytes naturally without added sugar.

Important: This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.



Help Your Body Stay Healthy with Natural Remedies.