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Ailment Chart

This ailment chart has been put together by **Vital Health Foods**.

HOW ARE YOU FEELING TODAY?

AILMENT / CONDITION / INDICATION / NEEDSTATE	DEFINITION / FACT	Risk Factors / Symptoms:	Product Recommendations	Lifestyle Tips
Acne	Acne is a skin disease characterised by pimples on the face, chest, and back, usually due to hormonal changes. It occurs when the pores of the skin become clogged with oil, dead skin cells and bacteria.	<ul style="list-style-type: none"> • Pimples • Blackheads • Whiteheads • Cysts • Oily skin • Red bumps 	Vital Hair, Skin and Nails Vital Brewer's Yeast Vital Selenium Complex Vital Evening Primrose Oil Vital Zinc Complex	<ul style="list-style-type: none"> • Drink 6 – 8 glasses of water daily • Eat a balanced diet of fruit, vegetables, & omega 3-rich oily fish, nuts and seeds • Don't smoke • Wash your face twice daily with face wash designed for acne • Avoid touching your face • Shower after exercising

Ageing	Ageing is associated with a slowdown in regeneration of body cells, resulting in a gradual degeneration of body tissues. Poor blood circulation, poor memory, wrinkling skin and greying hair are typical physical characteristics.	<ul style="list-style-type: none"> • Being over 40 • Poor circulation • Poor memory • Tiring more easily • Joint aches and pains 	<p>Vital Anti-Ageing Vital Over 60s Vital Ginkgo Biloba Vital Calcium Complex Vital Omega 3 Concentrate</p>	<ul style="list-style-type: none"> • Exercise for at least 30 minutes 3 times weekly • Eat antioxidant-rich fruit & vegetables (dark & brightly-coloured) • Eat regular meals • Get enough sleep • Maintain a positive mental attitude • Be sociable
Arthritis	Arthritis, also called osteoarthritis, is a degenerative joint condition characterised by joint pain, stiffness, and inflammation. Certain nutrients and herbal remedies support joint health and help reduce joint inflammation.	<ul style="list-style-type: none"> • Joint feels sore & stiff • Joint is stiff after not using it for a while, e.g. sleep • Joint pain is less in the morning & worse at the end of the day • Movement makes it feel better • Joint is swollen • Pain is worse when it's cold 	<p>Vital Arthrit Ease Vital Omega 3 Concentrate Vital Salmon Oil Vital Calcium Complex Vital Buchu</p>	<ul style="list-style-type: none"> • Consult your GP if for a diagnosis • Exercise helps muscles support the joint • Keep the joint warm • Avoid inflammatory foods (sugar, fat and additives), plus excessive salt • Maintain a healthy weight
Bladder	Bladder problems include cystitis, a common urinary tract ailment which is caused by a bacterial infection of the bladder, resulting in a burning sensation while urinating, and urinary frequency.	<ul style="list-style-type: none"> • Increased frequency of urination • Burning urination • Urgently needing to urinate, but little comes out • Pain in lower abdomen • Difficulty urinating • Cloudy and/or pinkish urine • Fever and vomiting if severe 	<p>Vital Cranberry Complex Vital Buchu Vital Maxi C Vital Zinc Complex Vital Kelp</p>	<ul style="list-style-type: none"> • Drink 6 – 8 glasses of water daily • Always empty your bladder fully • Wipe from front to back. • Avoid wearing tight, synthetic-fibre clothing • Do not 'keep in' urine
Blood Circulation	Healthy blood circulation is important to get oxygen and nutrients to cells, and remove toxins. Poor circulation can cause you to feel cold more easily, get chilblains and to have low blood pressure.	<ul style="list-style-type: none"> • Cold hands & feet. • Legs 'fall asleep' easily. • Low blood pressure • Water retention • Fatigue 	<p>Vital Ginkgo Biloba Vital Garlic products Vital Blood Pressure Vital Maxi C Vital Omega 3 & 6 Concentrate</p>	<ul style="list-style-type: none"> • Exercise daily • Drink 6 – 8 glasses of water daily • Eat fibre • Avoid salty, sugary and fatty food • Dry skin brushing from feet towards heart

Candida	Candida albicans is a fungus naturally found in the body. Overgrowth of candida can result in vaginal thrush, a common women's condition, digestive complaints such as bloating, or oral thrush in babies and AIDS patients	<ul style="list-style-type: none"> • Thick, white vaginal discharge • Itching and burning genital area • Genitals swollen and red • Pain during sex. • Digestive symptoms including bloating and flatulence. • Have recently taken antibiotics. • Immune-compromised • Diabetic 	Vital Garlic products Vital Maxi C Vital Vitamin B Complex Vital Zinc Complex Vital Omega 3 Concentrate	<ul style="list-style-type: none"> • Maintain scrupulous hygiene but never use soap or perfumed products on the vagina. • Avoid wearing G-strings or any tight, synthetic underwear or clothing. • Avoid eating sugary, carbohydrate-laden foods. • Use probiotics after taking antibiotics. • Use tea tree essential oil in your bath water.
Cholesterol	Cholesterol is a fatty substance present in the blood, which, in high levels, can increase the risk of heart disease and strokes by compromising blood circulation.	<ul style="list-style-type: none"> • Family history • Diet high in saturated fat and cholesterol. • Being overweight. • Being inactive • Very stressful lifestyle • High alcohol intake. 	Vital Cholesterol Ease Vital Co-Enzyme Q10 Vital Garlic products Vital Omega 3 Concentrate Vital Salmon Oil Vital Lecithin	<ul style="list-style-type: none"> • Eat fibre, fruit and vegetables, lentils and beans, oily fish (sardines, tuna, pilchards, etc.), whole grains, nuts and seeds. • Exercise daily. • Maintain a healthy weight. • Avoid full-cream dairy, fatty or processed meat, fried food, salty food • Don't smoke • Find ways to relax • Don't drink excessively
Colds and Flu	Colds are caused by viruses which infect the respiratory system, resulting in symptoms such as sneezing, blocked sinuses, headaches, stuffiness, catarrh, coughing, sore throat and fatigue, lasts 3 - 7 days.	Symptoms <ul style="list-style-type: none"> • Sneezing • Blocked sinuses • Stuffy nose • Headache • Coughing • Sore throat • Fatigue • Lasts 3 – 7 days • Note: no fever 	Vital Viral Boost Vital Maxi C Vital Zinc Complex Vital Cod Liver Oil Vital Garlic products Vital Kids Viral Boost	<ul style="list-style-type: none"> • Drink plenty of water. • Eat chicken soup with lots of garlic • Reduce intake of dairy products • Keep warm and rest • Drink lemon, honey & ginger tea • Gargle with tea tree oil and water • Wash hands frequently and sneeze into a tissue • Don't take antibiotics

<p>Concentration & Memory</p>	<p>The brain, as part of the nervous system, is responsible for memory and concentration. Problems with memory and concentration may be caused by stress, being overworked, insomnia, fatigue, ageing or certain medical conditions.</p>	<ul style="list-style-type: none"> • Can't concentrate • Struggle to remember things • Studying for exams/tests • Can't focus on work/schoolwork • Stressed • Overworked • Mentally fatigued 	<p>Vital IQ Boost Vital Kids Study Power Vital Ginkgo Biloba Vital Omega 3 Concentrate Vital Vitacharge Multiboost Syrup Vital Maxi B Vital Vitamin B Complex Vital Kids A-Z Multi Chewable Vital Kids A-Z Multi Syrup Vital Kids Omega 3 Sherbet</p>	<ul style="list-style-type: none"> • Drink enough water – dehydration causes poor concentration • Do crossword puzzles or sudoku • Use your senses – read aloud, sniff rosemary oil, play music • Get enough sleep • Eat regular meals – unstable blood sugar decreases memory and concentration • Exercise regularly
<p>Constipation and Digestive Health</p>	<p>Constipation is a disorder of the digestive system in which the sufferer struggles to pass stools and has less frequent bowel movements than normal. Stools are usually hardened.</p>	<ul style="list-style-type: none"> • Hard stools • Infrequent bowel movements • Trouble passing stools • Feeling of incomplete emptying • 3 or less bowel movements per week • Feel bloated 	<p>Vital Spasticol Ease Vital Bio-Fibre Vital Original Muesli Vital Toasted Muesli Vital Superfruit Muesli Vital Rice Cakes Vital Corn Cakes Vital Multigrain Cakes Vital Mini Rice Cakes</p>	<ul style="list-style-type: none"> • Eat more fibre - soluble (oats, nuts, seeds, flaxseeds) and insoluble (Veg, whole-wheat, corn) - daily • Drink 6 – 8 glasses of water daily • Exercise daily • Reduce stress • Add flax/linseeds to breakfast cereal
<p>Cramps (Muscular)</p>	<p>Muscle cramps often occur during/after strenuous exercise, due to intensity of the exercise, increased sweating or nutritional imbalances. Night-time muscle cramps in the elderly may be caused by calcium and magnesium deficiencies or poor circulation.</p>	<ul style="list-style-type: none"> • Exercise hard and sweat a lot. • Don't do warm up exercises before working out. • Have a twitching muscle. • Have poor circulation. • Do not eat calcium and magnesium-rich foods. • Do not eat any salt. 	<p>Vital Magnesium Complex Vital Dolomite Vital Calcium Complex Vital Maxi B Vital Omega 3 Concentrate</p>	<ul style="list-style-type: none"> • Stretch before exercising • Massage sore muscles gently, with lotion or oil • Apply ice packs to swollen, injured muscles • Apply heat packs to tense, over-contracted muscles • Drink enough water • Replace lost fluids with electrolyte drinks

Diabetes	In diabetes the body is unable to break down or metabolise glucose effectively due to insufficient or no insulin production. Diabetes increases requirements for vitamins, minerals and other essential nutrients.	<ul style="list-style-type: none"> • Raised blood sugar (blood test) • Frequent urination • Extreme thirst • Sudden, unexplained weight loss • Weakness, fatigue • Blurred sight • Very itchy, dry skin • Note: some people may experience no symptoms 	Vital Original Muesli Vital Brewer's Yeast Vital Magnesium Complex Vital Maxi B Vital Omega 3 Concentrate	<ul style="list-style-type: none"> • Eat a balanced diet, with regular meals – a dietician can help with an eating plan • Avoid high carbohydrate, sugary and fatty foods • Eat whole grains, lean protein, vegetables, and fruit (in moderation) • Examine your feet daily – small wounds can rapidly become serious • Check your blood sugar levels daily. • Visit your doctor regularly
Dry Skin	Dry skin occurs when there isn't enough moisture in your skin. This can be due to things like air-conditioning or heating, dehydration, dry air, lack of essential fatty acids, over-washing and not using moisturiser.	<ul style="list-style-type: none"> • My skin is dry • My skin is sometimes itchy due to dryness • My skin looks dull and/or flaky • My skin looks and/or feels tight • My skin has a rough texture, instead of smooth and plump • I often use air-conditioning or heating • I live in a dry climate • I never/seldom drink water 	Vital Hair, Skin & Nails Vital Evening Primrose Oil Vital Omega 3 Concentrate Vital Omega 3 & 6 Concentrate	<ul style="list-style-type: none"> • Drink 6 – 8 glasses of water daily • Use a humidifier if you have air-conditioning or heating, or live in a dry climate • Moisturise after washing • Don't use strong soaps and cleansers – try baby products or aloe vera • Use sun block daily
Eczema	Eczema is a chronic skin inflammation characterised by redness, itching, swelling, flaking, weeping/oozing or even bleeding. There are several different types - the most common being atopic (usually no known cause) and contact dermatitis.	<ul style="list-style-type: none"> • Skin is itchy • Skin is red • Skin is dry • Skin is inflamed/painful • If you scratch, it oozes and gets scabby • Skin is cracked • Itching interferes with your sleep 	Vital Evening Primrose Oil Vital Rooibos Tea Vital Chamomile Tea Vital Hair, Skin & Nails Vital Omega 3 & 6 Concentrate	<ul style="list-style-type: none"> • Use very gentle soaps without fragrance or additives • Use oats and rooibos tea in your bath • Avoid inflammatory foods, including sugar and processed foods • Keep stress levels low • Don't scratch – wear gloves at night • Wear natural fibres

Eye Health	Looking after your eyes is essential to avoid conditions like macular degeneration and cataracts. Also, by looking at the eye, doctors can see other health problems like blood vessel damage.	<ul style="list-style-type: none"> • I use a computer for long periods of time • My eyes are dry • My eyes are red • My eyes are itchy or sore • My eyes feel tired and strained • I get frequent headaches • I wear contact lenses • I am diabetic 	Vital Eye Boost Vital Over 60's Vital Omega 3 Concentrate Vital Salmon Oil Vital Omega 3 & 6 Concentrate	<ul style="list-style-type: none"> • Have yearly eye exams • When using a computer, look away every 30 minutes and blink • Wear sunglasses with UVA & B protection • Never touch eyes with dirty hands • Never use contact lenses without an optometrist prescription • Inflammation or infection must be seen by a doctor
Fatigue	Fatigue is characterised by low energy levels, persistent tiredness, diminished concentration, and inability to perform normal tasks. Fatigue is typically a symptom of being overworked, loss of sleep, stress or a medical disorder.	<ul style="list-style-type: none"> • I am always tired • I wake up un refreshed • I have late nights/insomnia • I skip meals • I am on medication • I can't concentrate • I am stressed • I am very busy &/or active 	Vital Vitacharge Capsules Vital Vitacharge Multiboost Syrup Vital Gold Vital Herbal Elixir Vital Maxi B Kids A-Z Multi Chewable Kids A-Z Multi Syrup	<ul style="list-style-type: none"> • If you're also weak, faint, dizzy and pale, have an iron test • Never skip meals • Get to bed early • Drink 6 – 8 glasses of water: dehydration can cause fatigue • Exercise regularly • Do things that make you happy
Fertility - Female	Essentially, fertility is the ability to conceive. For some, this is easy, and for others it can be challenging. You can help to preserve and improve fertility, both for men and women.	<ul style="list-style-type: none"> • I am trying to have a baby • My periods are erratic • I'm overweight • I'm very stressed 	Vital Evening Primrose Oil Vital Women Vital Folic & B12 Complex Vital Omega 3 Concentrate Vital Zinc Complex	<ul style="list-style-type: none"> • Ask your doctor to test your hormones and thyroid gland • Don't smoke or drink • Exercise • Eat a healthy, balanced diet • Avoid sugary, fatty foods • Avoid caffeine • Maintain a healthy weight
Fertility – Male	Essentially, fertility is the ability to conceive a baby. For some, this is easy, and for others it can be challenging. There are several things you can do to preserve and improve fertility.	<ul style="list-style-type: none"> • My partner and I are trying to have a baby • I'm a heavy drinker • I smoke • I'm very stressed 	Vital Enduramax Vital Zinc Complex Vital Men Vital Omega 3 Concentrate Vital Vitamin B Complex Vital Sunflower seeds	<ul style="list-style-type: none"> • Don't smoke – it reduces sperm count and quality • Avoid alcohol • Eat pumpkin seeds daily for zinc • Eat a healthy • Reduce stress levels • Exercise • If you are struggling, see a fertility specialist.

Hair Health	Hair is a hardened protein (keratin) that provides various functions in the body. The hair found on the head serves as primary sources of heat insulation and cooling as well as protection from UV light exposure. Many things influence hair health, including nutrient deficiencies, physical damage, hormones, physical stress, thyroid problems, illness and infections.	<ul style="list-style-type: none"> • Hair breaks easily • Hair splits easily • Hair is falling • Hair is brittle & dry • I wash my hair very often • I use a lot of hair products • I bleach or colour my hair • I use hair accessory frequently • I use the hair dryer/straightener/curling iron frequently 	Vital Hair, Skin and Nails Vital Brewer's Yeast Vital Folic & B12 Complex Vital Omega 3 & 6 Concentrate	<ul style="list-style-type: none"> • Do not over brush hair • Limit usage of heating elements • Add patchouli, lavender, ylang ylang essential oils to your conditioner to help with dryness. • Use hair colour that is ammonia free. Cut hair short so hair loss is minimised.
Hay Fever and sinusitis	Hay fever, also called allergic rhinitis, is caused by allergic reaction to any airborne allergen, and is common during season changes, especially spring, but also throughout the year.	<ul style="list-style-type: none"> • Sneezing • Runny or congested nose • Watering eyes • Itchy throat and/or nose • Itchy eyes • It is spring time • I am allergic to pollen, dust, animal hair, feathers or mould spores • Feeling slightly feverish • Tiredness 	Vital Allergy Ease Vital Maxi C Vital Zinc Complex Vital Garlic products Vital Viral Boost Vital Cod Liver Oil	<ul style="list-style-type: none"> • Stay inside during high pollen times (early morning and evening) • Use soothing eye drops • Use a neti pot or sniff salt water to remove pollen • If congested, steam with eucalyptus oil • Put vaseline or sweet almond oil inside your nose • Use homeopathic nose sprays • If severe, you may need antihistamines
Headaches	Headaches have many causes including stress, muscle tension, food sensitivities, dehydration, environmental factors and hormones. A migraine is a severe, throbbing headache which usually begins on one side of the head and may cause vomiting.	<ul style="list-style-type: none"> • I get regular headaches or migraines • I am very stressed • My neck and shoulders hurt • I have sinusitis • I get PMS • I never/rarely drink water • I skip meals • I think certain foods make it worse 	Vital Magnesium Complex Vital Dolomite Vital Calcium Complex Vital Evening Primrose oil Vital Chamomile Tea Vital Rooibos Tea	<ul style="list-style-type: none"> • Rub lavender essential oil onto your temples • Keep a headache diary • Drink 6 – 8 glasses of water daily • Eat regular meals • Massage tight muscles • See a chiropractor • Use feverfew herb for migraines • Try relaxing exercises like yoga or walking

Heart Health	Heart disease includes a variety cardiovascular ailments, including high blood pressure, high cholesterol levels, poor blood circulation, irregular heartbeat and heart failure. Lifestyle strongly affects heart health.	<ul style="list-style-type: none"> • Heart disease runs in my family • My blood pressure is over 120/80 • My cholesterol is over 5.0 • I eat lots of fat, red meat, sugar and drink alcohol • I don't exercise • I get heart palpitations • I've had a heart attack or stroke in the past • I eat lots of salt • I smoke • I am stressed 	Vital Blood Pressure Vital Cholesterol Ease Vital Garlic products Vital Omega 3 Vital Omega 3, 6 & 9 Vital Lecithin Vital Co-Enzyme Q10	<ul style="list-style-type: none"> • Quit smoking asap • Exercise daily • Regularly check cholesterol and blood pressure • Avoid fatty and sugary food • Reduce salt intake • Visit your doctor immediately if you get pain in your chest • Find stress-relief techniques
Hyperactivity	Hyperactivity Disorder is characterised by difficulty concentrating and sitting still, irritability, learning difficulties, forgetfulness, impulsivity, hyperactivity, creativity, spontaneity, enthusiasm and sometimes hyperactivity. Adults and children are affected.	<ul style="list-style-type: none"> • Can't concentrate • Can't focus • Can't sit still/very energetic • Irritable • Struggle to learn • Forgetful • Hyperactive 	Vital Omega 3 Concentrate Vital Kids Omega 3 Sherbet Vital Brewer's Yeast Vital Dolomite Vital Chamomile Tea Vital Kids Study Power Vital Kids A-Z Multi Chewable Vital Kids A-Z Multi Syrup	<ul style="list-style-type: none"> • Avoid sugar and artificial additives • Ensure regular mealtimes • Exercise helps burn extra energy • Stick to a routine • Keep a food diary • Contact the ADHD Support Group of South Africa • Encourage creative outlets like art • (www.adhdsupport.co.za)
Hypertension	Hypertension or High Blood Pressure refers to a chronic condition where the blood pressure in the arteries is elevated. This puts the heart under pressure as it has to work harder than normal to circulate blood throughout the body.	<ul style="list-style-type: none"> • My blood pressure is over 130/90 • I don't exercise • I've had a heart attack or stroke in the past • I eat lots of salt • I smoke • I am stressed • I get headaches • I am overweight 	Vital Blood Pressure Vital Garlic products Vital Omega 3 Concentrate Vital Vitamin B Complex Vital Maxi C Vital Chamomile Tea	<ul style="list-style-type: none"> • Lose weight if overweight • Reduce salt intake • Stop smoking • Find stress relief techniques • Eat 5-7 servings of fruit and vegetable daily • Exercise daily
Immune System	The immune system is the body's defence against infections caused by micro-organisms like viruses, bacteria and fungi. The immune system identifies, kills and prevents infectious diseases, and combats toxins.	<ul style="list-style-type: none"> • I get colds &/or flu easily • I want to avoid catching flu • I'm stressed • I feel run-down • I don't eat fruit and vegetables • I have lots of allergies • I've just been sick/am sick • I've been in close contact with someone who has a cold or flu 	Vital Viral Boost Vital Maxi C Vital Selenium Complex Vital Garlic products Vital Cod Liver Oil Vital Kids Viral Boost Vital Zinc Complex	<ul style="list-style-type: none"> • Eat 5 – 7 servings of fruit and veg daily • Wash hands often • Get fresh air & exercise daily • Combat stress • Maintain a positive attitude • Avoid sugar

<p>Insomnia</p>	<p>Insomnia is difficulty sleeping – either falling asleep, staying asleep or waking up and struggling to go back to sleep.</p>	<ul style="list-style-type: none"> • I struggle to fall asleep • I just can't stay asleep • I wake up in the early hours and can't go back to sleep • I'm a restless sleeper • I watch TV before going to bed • I smoke • I have irregular bedtimes • I drink lots of tea &/or coffee • I am stressed / worry a lot 	<p>Vital Calcium Complex Vital Magnesium Complex Vital Dolomite Vital Chamomile Tea Vital Rooibos Tea</p>	<ul style="list-style-type: none"> • Exercise daily, but not right before bed • Don't go to bed hungry • Don't watch TV right before bed • Stop caffeine intake after 2PM • Have a bedtime routine • Ensure your room is dark • Put lavender essential oil on your pillow
<p>Iron Deficiency</p>	<p>Iron deficiency anaemia is caused by a insufficient iron intake, or loss of iron usually via blood loss. B vitamins and vitamin C also play important roles in the prevention of certain types of anaemia.</p>	<ul style="list-style-type: none"> • I'm constantly tired & weak • I'm sometimes dizzy &/or faint • I am female and menstruating • Sometimes I'm breathless • I get sick easily • The insides of my eyes and lips are pale • Sometimes I get heart palpitations • I'm vegetarian • I'm pregnant • I have coeliacs disease 	<p>Vital Iron Complex Vital Molasses Vital Folic and B12 Complex Vital Maxi B Vital Maxi C</p>	<ul style="list-style-type: none"> • If you suspect iron deficiency, you need a blood test. Don't take iron if you aren't sure. • Eat lean meat, lentils, raisins, dried apricots, dark green & leafy veg. • Don't take iron supplements with calcium supplements, tea, coffee or milk • If menstrual periods are heavy, see your GP • If anaemia is chronic, consult your doctor
<p>Menopause</p>	<p>Menopause is the end of the female reproductive cycle, and is characterised by ending of the menstrual cycle often accompanied by mood swings, irritability, depression, insomnia and hot flushes. It usually starts at 40 years old.</p>	<ul style="list-style-type: none"> • Hot flushes • Night sweats • Vaginal dryness • Mood swings, irritability • Periods irregular or have stopped • No/decreased libido • Fatigue • Hair loss/thinning • Insomnia • Weight gain 	<p>Vital Menopause Vital Evening Primrose Oil Vital Calcium Complex Vital Omega 3 Concentrate Vital Chamomile Tea</p>	<ul style="list-style-type: none"> • Ask your doctor for a hormone test • Exercise regularly to keep hormones balanced & bones strong • Maintain a positive attitude • Do yoga • Use relaxation techniques

Nail Health	Nails are a hardened protein (keratin) that protect the end of the fingers from injury. Many things influence nail health, including nutrient deficiencies, physical damage, hormones, physical stress, thyroid problems, illness and infections.	<ul style="list-style-type: none"> • Nails break easily • Nails split • Nails grow slowly • Nails are brittle & dry • Nails have white spots • I have iron deficiency • I often wear nail polish or artificial nails • I don't eat dairy products or calcium-rich food (leafy veg, nuts & seeds) • I work with my hands 	Vital Hair, Skin & Nails Vital Zinc Complex Vital Omega 3 & 6 Concentrate Vital Calcium Complex Vital Selenium Complex	<ul style="list-style-type: none"> • Wear rubber gloves when washing up • Use lotion after washing hands • File nails gently in 1 direction • Don't cut nails too short • If nails are discoloured, thickened or lifting up, you may have a fungus – see your GP • If your nails look white not pink, you may be anaemic or have poor circulation.
Osteoporosis/Bone Health	Osteoporosis is a progressive bone disease characterised by weakening bone structure following a loss of calcium as the structural component of bone tissue. Osteoporosis mostly affects women in their menopausal years, but can affect men.	<ul style="list-style-type: none"> • Being female. • Family history of osteoporosis • Being very small & thin • History of broken bones • Menopause • Irregular periods • Diet low in calcium • No exercise • Smoking • Alcohol abuse 	Vital Calcium Complex Vital Magnesium Complex Vital Menopause Vital Dolomite Vital Kids Calcium Chewable	<ul style="list-style-type: none"> • Do regular weight-bearing exercise • Eat calcium-rich foods like dairy, green and leafy vegetables, sardines, calcium-enriched milk-replacements, beans. • Keep hormones balanced • Stop smoking • Reduce alcohol intake • Don't drink fizzy cool drinks
Overindulgence	Overindulgence of food and / or alcohol has an adverse effect on the body, in particular, the liver, which is the body's major detoxification organ, as well as the digestion.	<ul style="list-style-type: none"> • Have overeaten, • Ate lots of rich food &/or heavy food • Overindulged in alcohol • Have a hangover • Have indigestion from overeating • Stayed up late into the night • Nauseas 	Vital Liver Rescue Vital Spasticol Ease Vital Chamomile Tea Vital Chinese Green Tea Vital Chinese Green Tea Fruit Infusion Vital Rooibos Tea	<ul style="list-style-type: none"> • Drink 6 – 8 glasses of water to flush out toxins and rehydrate • Only eat light food like broth, soups, fruit & steamed veg • Drink ginger tea for nausea • Rest • Massage your abdomen with fennel essential oil

Pregnancy & Breastfeeding	Good nutrition during pregnancy optimises the baby's healthy development, and preserves the mother's nutrient stores. Intake of most nutrients, particularly folic acid, iron, calcium and omega 3 fatty acids should be increased during pregnancy.	<ul style="list-style-type: none"> • I am pregnant • I am breast feeding 	Vital Pregnant Women + Vital Omega 3 concentrate Vital Calcium Complex Vital Iron Complex Vital Folic & B12 Complex	<ul style="list-style-type: none"> • Eat regular, healthy meals • If nauseous, eat small, frequent meals • Drink ginger tea for nausea • Do gentle exercise • Have an iron test if you're very tired • Educate yourself • Drink 6 – 8 glasses of water daily
Pre-Menstrual Tension	Pre-menstrual tension or stress is caused by hormonal fluctuations in the week or 2 before the onset of the menstrual period. Symptoms include breast tenderness, mood swings, backache, irritability and skin breakouts.	<ul style="list-style-type: none"> • Tender &/or swollen breasts • Lower back and abdominal aches • Irritable • Moody • Teary, feeling down • Eruptions of pimples • Headache • Cravings for salty or sweet food • Tiredness • Clumsiness • Water retention 	Vital Women Vital Evening Primrose Oil Vital Calcium Complex Vital Omega 3 & Concentrate Vital Chamomile Tea	<ul style="list-style-type: none"> • Eat regularly to keep blood sugar stable • Avoid sugar and salt • Exercise • Give yourself time to de stress • Have a warm bath with lavender essential oil • Use a hot water bottle for pains • Smoking worsens PMS • Don't be too hard on yourself
Prostate Health	Swelling of the prostate gland is common among older men, and it causes difficulty in urinating due to pressure on the urethra. Having an enlarged prostate does not mean you have/will get cancer.	<ul style="list-style-type: none"> • Getting up often at night to urinate • Difficulty controlling urine flow • Urgent need to urinate, with little urine output • Urinating in 'fits & starts', dribbling • Feeling the bladder is full 	Vital Prostate Gland Vital Zinc Complex Vital Omega 3 Concentrate Vital Selenium Complex Vital Rooibos Tea	<ul style="list-style-type: none"> • Men should have regular prostate exams from the age of 40. • Drink enough water, but not near bedtime • Eat pumpkin seeds every day • It can help to urinate to a schedule
Sexual Performance – male	Trouble with sexual performance can affect men of all ages & is caused by various factors, including stress, anxiety, smoking, alcohol, medication, diabetes, insufficient exercise, fatigue, poor diet & blood pressure problems.	<ul style="list-style-type: none"> • Poor libido • Diabetic • On medication • High blood pressure • Don't exercise • Very stressed • Suffer from anxiety &/or depression • Smoker • High alcohol intake 	Vital Enduramax Vital Maxi B Vital Men Vital Zinc Complex Vital Omega 3 Concentrate	<ul style="list-style-type: none"> • Get daily exercise • Find ways to de stress • Connect with your partner in other ways, like cuddling or massage • Get enough rest – have regular bedtimes • Eat a healthy diet • Check package inserts of medications • Quit smoking & reduce alcohol intake

Sexual Performance - female	Trouble with sexual performance can affect women of all ages & is caused by various factors, including hormonal changes, stress, anxiety, smoking, alcohol, medication, diabetes, insufficient exercise, fatigue, poor diet & illness.	<ul style="list-style-type: none"> • Poor libido • Diabetic • On medication • High blood pressure • Don't exercise • Very stressed • Suffer from anxiety &/or depression • Smoker • High alcohol intake 	Vital Maxi B Vital Evening Primrose Oil Vital Brewer's Yeast Vital Omega 3 Concentrate Vital Omega 3 & 6 Concentrate	<ul style="list-style-type: none"> • Get daily exercise • Find ways to destress • Connect with your partner in other ways, like cuddling or massage • Get enough rest – have regular bedtimes • Eat a healthy diet • Check package inserts of medications • Quit smoking & reduce alcohol intake •
Skin	Stretch marks and scarring are visible signs of damage to the skin. Stretch marks occur in cases of rapid weight gain and during pregnancy. Scarring occurs when the skin has been cut or damaged. Dry skin and eczema are also common skin ailments.	<ul style="list-style-type: none"> • Skin looks dull & lifeless • Scars • Stretch marks • Skin is sometimes dry or oily • Don't drink much water • Smoke • Pigmentation marks • Wrinkles • Ageing skin 	Vital Hair, Skin & Nails Vital Evening Primrose Oil Vital Salmon Oil Vital Maxi C Vital Brewer's Yeast Vital Zinc Complex	<ul style="list-style-type: none"> • Apply vitamin E oil to scars • Drink 6 – 8 glasses of water daily • Eat lots of fruit & veg • Moisturise regularly • Wear sun block daily • Exfoliate gently, regularly • Get enough sleep • Smile!
Slimming	Slimming or weight loss is an attempt to lose excess body fat. To lose excess weight, energy output (via exercise) must increase, and energy intake (food) must decrease.	<ul style="list-style-type: none"> • I'd like to be a healthy weight • I eat healthily but struggle to lose weight • I don't exercise/lead a sedentary lifestyle • I eat lots of sugar, processed food, take away, etc. • I want to lose fat • I want to be healthy • My BMI* is over 25 (& I am not muscular) 	Vital Fat Burner Vital Vita-Slim Apple Cider Complex Vital Chinese Green Tea Vital Chinese Green Tea Fruit Infusion Vital Rice Cakes Vital Corn Cakes	<ul style="list-style-type: none"> • Stick to a healthy diet • Avoid sugary, fatty, processed food • Exercise daily • Drink 6 – 8 glasses of water daily • Have a thyroid test • Make a goal list & keep it visible • Consult a dietician • Think positively about your body
Tension	Stressor tension is a normal response to a threat – the 'fight-or-flight' response - but if the threat is continuous (e.g. commuting, stressful job, marital problems, etc.), stress becomes chronic & is damaging to health.	<ul style="list-style-type: none"> • Stressful life • High blood pressure • Don't sleep enough • Heart palpitations • Always on the go • Tight neck & shoulder muscles • Frequent headaches • Irritable &/or moody • Stomach troubles • Heart palpitations 	Vital Maxi B Vital Omega 3 Concentrate Vital Chamomile Tea Vital Calcium Complex Vital Salmon Oil	<ul style="list-style-type: none"> • Exercise daily – research proves it reduces tension • Limit caffeine & alcohol • Have a hobby • Stroke your pets – it reduces blood pressure • Have regular bedtimes • Keep a journal • Be sociable • Don't be too hard on yourself

Vegetarian	Vegetarians are people who don't eat animal flesh, either due to ethical, religious or health reasons. They often do eat dairy products & eggs. If properly balanced, a vegetarian diet is very healthy.	<ul style="list-style-type: none"> • Do not eat any animal flesh • Sometimes suffer from iron deficiency anaemia • Sometimes tired • Mainly eat wheat & dairy products to replace animal protein 	<p>Vital Iron Complex Vital Folic & B12 Complex Vital Brewer's Yeast Vital Molasses Vital Flaxseed Oil</p>	<ul style="list-style-type: none"> • Avoid eating too much cheese & bread • Consult a dietician for a balanced vegetarian diet • Eat plenty of beans, lentils & Chickpeas for protein • Include seeds & nuts • If you don't eat dairy, look for calcium-enriched replacements • Eat whole grains
Water Retention	Water retention is excessive fluid in the body's tissues causing swelling and puffiness, due to hormones and high intake of salty, sugary and processed foods. There are some serious causes, including kidney and heart disease.	<ul style="list-style-type: none"> • I don't drink water • I love salty food • I eat lots of sweets • PMS makes me bloated • Puffy hands &/or feet, especially after inactivity or standing for a while • Bloated abdomen • Food allergies • Poor circulation 	<p>Vital Buchu Vital Cranberry Complex Vital Kelp Vital Chinese Green Tea Vital Chinese Green Tea Fruit Infusion Omega 3 & 6 Concentrate</p>	<ul style="list-style-type: none"> • Drink 6 – 8 glasses of water daily • Reduce salt & sugar • Exercise daily • Consult your GP if sudden, severe & unexplained • Sit with feet elevated • Eat celery, cabbage, parsley & asparagus

Disclaimer: This table is meant as a guide. Consult your physician if using chronic medication or with hypersensitivity to nutritional supplements. Please contact the Vital helpline for further advice. (Nutritional Helpline: (027)(0)800223311) (Email: health@vital.co.za)

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