

femMED - Women's Health Made Simple!



Appropriately enough, February is Heart Month! What I didn't know was that heart disease poses the greatest risk to women's health and that more women die of heart disease than any other cause! What better time to fill you in on Canada's first line of daily supplements created exclusively for women - **femMED**. They make it very easy to pick the right supplement - each one of the thirteen formulations - which includes one for your heart - and each has a name that tells you exactly what it does!

Heart Health - provides an essential blend of omega-3 fatty acids and coenzyme Q10 to help support and maintain normal cardiovascular health

Bone Health - for promoting the maintenance of healthy bones, joints and cartilage, to help prevent osteoporosis and joint pain and provides an excellent source of Calcium and Vitamin D.

Breast Health - for protecting the breasts from abnormal cell growth, promoting a healthy estrogen balance and reducing cycle breast pain and tenderness.

Energy - for enhancing mental and physical performance and providing increased capacity for exercise and endurance.

Hair, Skin & Nails - for repairing and improving rough, dry skin, brittle nails and hair as well as reducing hair loss.

Hormonal Balance - to help relieve the symptoms associated with PMS and pre-menopause including cramping, bloating, mood swings, breast tenderness and irregular periods.

Libido - for maintaining normal sexual desire, satisfaction and sexual response and lubrication.

Menopause Relief - for promoting hormonal balance and helping to alleviate the symptoms associated with menopause including night sweats, hot flashes, occasional sleeplessness, vaginal dryness, mood swings and irritability.

Multi + Antioxidants - for supporting and maintaining good health with a specially formulated combination of vitamins, minerals and antioxidants.

Pregnancy - for maintaining good health with a balanced blend of vitamins and minerals. Also provides 1mg of folic acid and important nutrient for a healthy pregnancy.

Pregnancy + Ginger - to help prevent occasional nausea and vomiting associated with normal pregnancy as well as all of the above benefits of the Pregnancy supplement.

Sleep - for improving sleep and overcoming occasional sleeplessness, promoting the normal onset of sleep and normal sleep duration and maintaining the body's normal sleep-wake cycle.

Weight Management - for promoting healthy weight loss, offering relief from occasional constipating and to help normalize blood sugar and cholesterol levels.

An experienced team of medical doctors, herbalists, pharmacists and natural health practitioners worked together to create each product which are made from high-quality ingredients and wrapped in a vegetable capsule - not animal bone gelatin as with other supplements. All femMED formulations are \$29.95 for a 30 day supply and are available at major retailers across Canada and online at <http://www.femmed.com>